

Government of the District of Columbia  
**Department of Parks and Recreation**

# 2005 - 2006 WINTER ACTIVITY GUIDE

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Anthony A. Williams, Mayor

[www.dpr.dc.gov](http://www.dpr.dc.gov)



Kimberley A. Flowers, Director

*Welcome*

TO THE 2005-2006 WINTER ACTIVITY GUIDE

# Greetings from the Mayor

Winter is a wonderful time of the year to reap the rewards that you, your friends, and your family can gain by joining in the vast array of recreation activities and leisure pursuits offered by the District of Columbia's Department of Parks and Recreation. I proudly invite you to use this Winter Activity Guide to plan a season filled with basketball, harvest festivals, dancing, martial arts, academic enrichment, aerobics, creative crafts, swimming, poetry slams, adaptive sports, book clubs, after school adventures, tennis, computer wizardry, personalized weight training, cooperative play, trips, and special events. There is an activity, program, or event at DC Parks and Recreation for each and every resident.



I especially encourage our teens to take advantage of the positive opportunities and options that are available to them as they read through this Activity Guide. A significant number of these programs were designed just for you based on your feedback to recreation staff. You wanted things to do that were fun and enjoyable. You did not want to be bored. Yet, you also wanted safe spaces to share your thoughts and ideas. You wanted your voices heard and your talents recognized, whether in sports or poetry slams.

The Department of Parks and Recreation reaffirms its commitment to achieving a standard of excellence in program development and diversity, community outreach, inclusionary services for children with special needs, staff professionalism, and customer service. The appointment of Ms. Kimberley A. Flowers as the director of DC Parks and Recreation exemplifies this commitment to excellence. We welcome her leadership and innovative vision.

In closing, remember to reap the rewards of a healthy lifestyle simply by joining in the fun.

A handwritten signature in black ink that reads "Anthony A. Williams". The script is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Anthony A. Williams  
Mayor

# Greetings from the Director

Welcome to the Department of Parks and Recreation Winter Guide. Our business is bringing wholesome recreation activities, leisure learning opportunities, and people together. The Recreation team works hard to make our business successful by creating stimulating year-round activities and classes for both physical and mental fitness for individuals of all ages.



In addition to our standard fare favorites such as card and board games, sports, and arts and crafts, this Winter Guide brings to you an array of programs that will broaden your horizons and discover and encourage new talents. From Spanish to tumbling to quilting, to line dancing, to fencing to after school enrichment, to book, chess, and bridge clubs, to swimming to aerobics to weightlifting to martial arts to drama, to ballet to day care to sports leagues, there is something for the young and the young at heart.

Please accept my personal invitation to visit your neighborhood recreation center, talk with the center manager, and take part in activities. Get involved! You are our barometer. You help us keep our finger on the pulse of the communities we serve by sharing with us what we are doing right, and what improvements we need to make.

We want to hear from you!

Sincerely,

A handwritten signature in dark ink that reads "Kimberley A. Flowers". The script is fluid and cursive, with a large, stylized initial 'K'.

Kimberley A. Flowers  
Director

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# REGISTRATION SITES

## REGISTRATION RECWARE

RecWare Safari is an efficient and effective online registration software program for the Department of Parks and Recreation of Washington DC. The purpose of RecWare is to provide customers with direct access to online course registration, schedules, permit applications and detailed information regarding upcoming activities and events within the Department of Parks and Recreation of Washington DC. You may register at any of the sites listed below or online @ [www.dpr.dc.gov](http://www.dpr.dc.gov).

## Refund Requests

Cancellation and refund requests on fully paid registrations are subject to a \$50 cancellation fee per person, per session. Checks returned for insufficient funds will be assessed a \$50 fee. The registrant is entitled to a full refund in the event that the Department of Parks & Recreation cancels a class and/or program. Refunds must be processed through the DPR Financial Services Office.

### Anacostia Fitness Center

1800 Anacostia Dr., SE  
(202) 698-2250

### Bald Eagle Recreation Center

180 Joliet St., SW  
(202) 645-3960

### Barry Farm Recreation Center

1230 Sumner Rd., SE  
(202) 645-3896

### Benning Park Community Center

51st & Fitch Sts., SE  
(202) 645-3957

### Chevy Chase Community Center

5601 Connecticut Ave., NW  
(202) 282-2204

### DC Center for Therapeutic Recreation

3030 G St., SE  
(202) 698-1794

### Emery Recreation Center

5701 Georgia Ave., NW  
(202) 576-3211

### Fort Davis Community Center

1400 41st St., SE  
(202) 645-9212

### Fort Stevens Community Center

1327 Van Buren St., NW  
(202) 541-3754

### Friendship Recreation Center

4500 Van Ness St., NW  
(202) 282-2198

### Guy Mason Community Center

3600 Calvert St., NW  
(202) 282-2180

### Georgetown Recreation Center

3300 QSt., NW  
(202) 282-0380

### Hamilton Recreation Center

1340 Hamilton St., NW  
(202) 576-6855

### Harrison Recreation Center

1330 V St., NW  
(202) 673-6865

### Hearst Recreation Center

3600 Tilden St., NW  
(202) 282-2207

### Hillcrest Recreation Center

3100 Denver St., SE  
(202) 645-9200

### Kalorama Recreation Center

1875 Columbia Rd., NW  
(202) 673-7606

### Kenilworth-Parkside Recreation Center

4300 Anacostia Ave., NE  
(202) 727-5440

### Kennedy Recreation Center

1401 7th St., NW  
(202) 671-4794

### King Greenleaf Recreation Center

201 N St., SW  
(202) 645-7454

### Landgon Park Community Center

2901 20th St., NE  
(202) 576-6595

### Macomb Recreation Center

3409 Macomb St., NW  
(202) 282-2199

### North Michigan Park Recreation Center

1333 Emerson St., NE  
(202) 541-3522

### Parkview Community Center

693 Otis Pl., NW  
(202) 576-5786

### Palisades Community Center

5200 Sherrier Pl., NW  
(202) 282-2186

### Payne Recreation Center

303 15th St., SE  
(202) 727-5474

### Petworth Recreation Center

801 Taylor St., NW  
(202) 576-6850

### Raymond Recreation Center

915 Spring Rd., NW  
(202) 576-6856

### Sherwood Recreation Center

640 10th St., NE  
(202) 698-3075

### Southeast Tennis and Learning Center

701 Mississippi Ave., SE  
(202) 645-6242

### Stead Recreation Center

1625 P St., NW  
(202) 673-4465

### Takoma Community Center

300 Van Buren St., NW  
(202) 576-7114

### Harry Thomas, Sr. Recreation Center

1743 Lincoln Rd., NE  
(202) 576-5642

### Upshur Recreation Center

4300 Arkansas Ave., NW  
(202) 576-6842

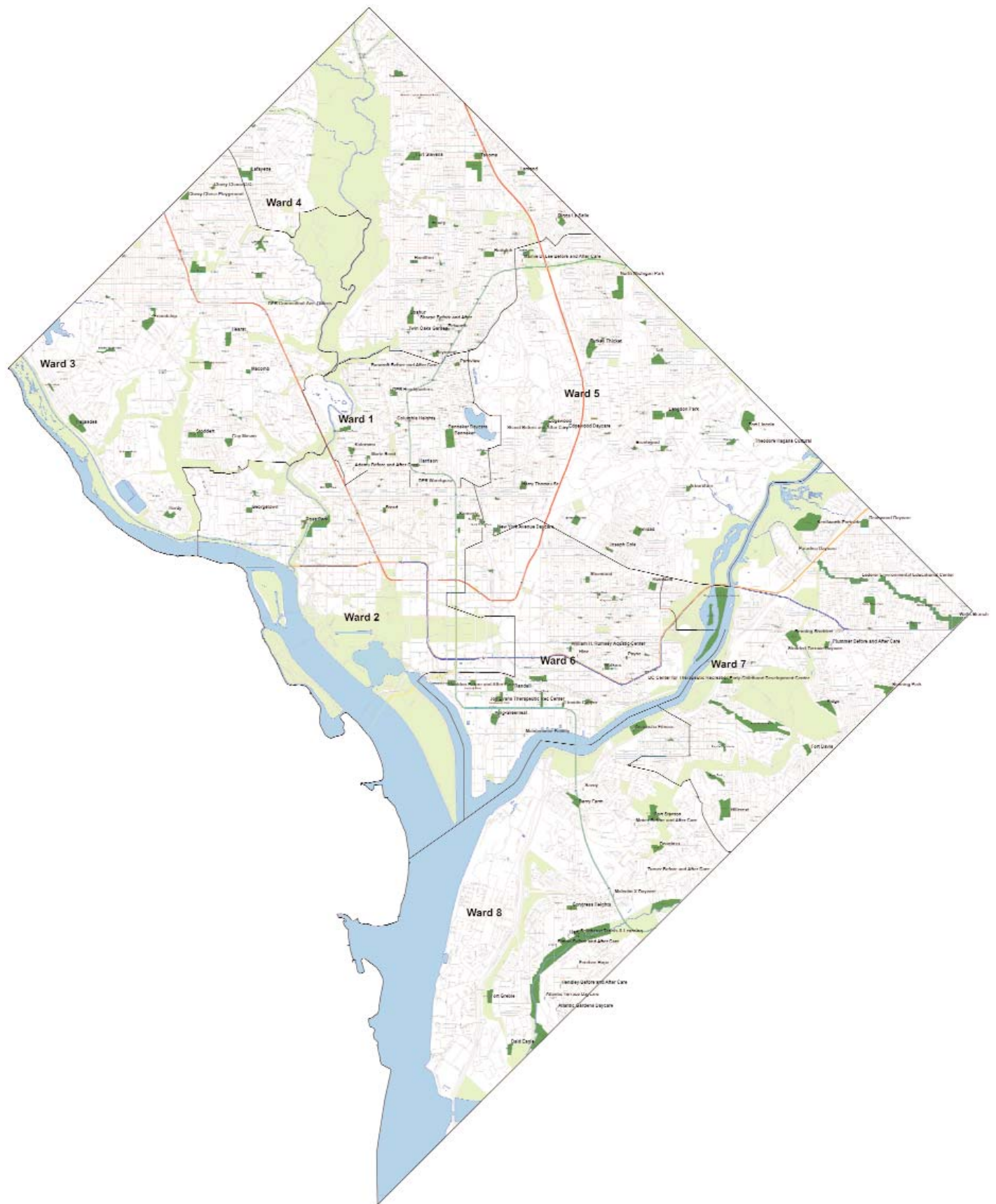
### Watkins Recreation Center

420 12th St., SE  
(202) 724-4468

### Watts Branch Recreation Center

6201 Banks St., NE  
(202) 727-5432





#### Legend

- |  |  |
|--|--|
| <span style="display:inline-block; width:10px; height:10px; background-color:darkgreen; border:1px solid black;"></span> DPH Property  | <span style="display:inline-block; width:10px; height:10px; background-color:lightgreen; border:1px solid black;"></span> DPR Facility     |
| <span style="display:inline-block; width:10px; height:10px; background-color:lightblue; border:1px solid black;"></span> NPS Property  | <span style="display:inline-block; width:10px; height:10px; background-color:lightblue; border:1px solid black;"></span> Recreation Center |
| <span style="display:inline-block; width:10px; height:10px; background-color:lightblue; border:1px solid black;"></span> Water         | <span style="display:inline-block; width:10px; height:10px; background-color:lightblue; border:1px solid black;"></span> Child Care Rtn    |
| <span style="display:inline-block; width:10px; height:10px; background-color:lightblue; border:1px solid black;"></span> Ward Boundary | <span style="display:inline-block; width:10px; height:10px; background-color:lightblue; border:1px solid black;"></span> Specialty Center  |
|  | <span style="display:inline-block; width:10px; height:10px; background-color:lightblue; border:1px solid black;"></span> Maintenance Site  |
|  | <span style="display:inline-block; width:10px; height:10px; background-color:lightblue; border:1px solid black;"></span> Administrative    |

## District of Columbia Parks & Recreational Facilities



# DIRECTORY OF FACILITIES

## WARD 1

**Adams Before and After School Care Program**  
2020 19th St., NW  
(202) 673-7025

**Bancroft Before and After School Care Program**  
1735 Newton St., NW  
(202) 673-4590

**Banneker Community Center**  
(Closed for Renovations)  
2500 Georgia Ave., NW  
(202) 673-6861

**Banneker Early Care and Education**  
800 Euclid St., NW  
(202) 673-7609

**Harrison Recreation Center**  
1330 V St., NW  
(202) 673-6865

**Kalorama Recreation Center**  
1875 Columbia Rd., NW  
(202) 673-7606

**Parkview Community Center**  
693 Otis Pl., NW  
(202) 576-5786

**Marie H. Reed Recreation Center**  
2200 Champlain St., NW  
(202) 673-7768  
**Aquatic Facility** (202) 673-7771

## WARD 2

**Georgetown Recreation Center & Cooperative Play Program**  
3300 QSt., NW  
(202) 282-0380

**Kennedy Recreation Center**  
1401 7th St., NW  
(202) 671-4792  
**Senior Programs** (202) 671-4793

**Rose Park Recreation Center**  
26th & O Sts., NW  
(202) 282-2208

**Stead Recreation Center**  
1625 P St., NW  
(202) 673-4465

## WARD 3

**Chevy Chase Community Center & Cooperative Play Program**  
5601 Connecticut Ave., NW  
(202) 282-2204

**Chevy Chase Playground & Cooperative Play Program**  
41st & Livingston St., NW  
(202) 282-2200

**Friendship Recreation Center & Cooperative Play Program**  
4500 Van Ness St., NW  
(202) 282-2198

**Guy Mason Community Center**  
3600 Calvert St., NW  
(202) 282-2180

**Hardy Recreation Center & Cooperative Play Program**  
4500 Q St., NW  
(202) 282-2190

**Hearst Recreation Center**  
3950 37th St., NW  
(202) 282-2207

**Macomb Recreation Center**  
3409 Macomb St., NW  
(202) 282-2199

**Oyster Before and After School Care Program**  
2801 Calvert St., NW  
(202) 671-0143

**Palisades Community Center**  
5200 Sherrier Pl., NW  
(202) 282-2186

**Stoddert Recreation Center & Cooperative Play Program**  
4001 Calvert St., NW  
(202) 281-2193

## WARD 4

**Emery Recreation Center**  
5701 Georgia Ave., NW  
(202) 576-3211  
**Senior Programs** (202) 576-7134

**Fort Stevens Recreation Center**  
1327 Van Buren Sts., NW  
(202) 541-3754  
**Senior Programs** (202) 541-3752

**Hamilton Recreation Center**  
1340 Hamilton St., NW  
(202) 576-6855  
**Senior Programs** (202) 541-3755

**Lafayette Recreation Center**  
5900 33rd St., NW  
(202) 282-2206

**Petworth Recreation Center**  
801 Taylor St., NW  
(202) 576-6850

**Raymond Recreation Center**  
915 Spring Rd., NW  
(202) 576-6856

**Riggs- LaSalle Recreation Center Before and After School Care Program**  
501 Riggs Rd., NE  
(202) 576-6045

**Rudolph Recreation Center**  
5200 2nd St., NW  
(202) 576-6976

**Sharpe Before and After School Care Program**  
4300 13th Street, NW  
(202) 541-3888

**Takoma Community Center**  
300 Van Buren St., NW  
(202) 576-7114  
**Aquatic Facility** (202) 576-9533

**Twin Oaks Garden**  
4025 14th St., NW  
(202) 576-3253

**Upshur Recreation Center**  
4300 Arkansas Ave., NW  
(202) 576-6842

## WARD 5

**Arboretum Recreation Center**  
2412 Rand Pl., NE  
(202) 727-5547

**Brentwood Recreation Center**  
2311 14th St., NE  
(202) 576-6667

**Dunbar Aquatic Facility**  
1301 New Jersey Ave., NW  
(202) 673 - 4316

**Joseph H. Cole Recreation Center**  
1200 Morse St., NE  
(202) 724-4876

**Edgewood Recreation Center**  
3rd & Evars Sts., NE  
(202) 576-6410

**Edgewood Terrace Early Care and Education**  
601 Edgewood St., NE  
(202) 576-8199

**Edgewood Terrace**  
635 Edgewood Terrace, NE  
(202) 282-0748  
**Senior Programs** (202) 541-1014

**Fort Lincoln Recreation Center**  
3100 Ft. Lincoln Dr., NE  
(202) 576-6818

**Langdon Park Community Center**  
2901 20th St., NE  
(202) 576-6595

**Mamie D. Lee Before and After School Care Program**  
100 Gallatin St., NE  
(202) 541-3751

**New York Avenue Early Care and Education**  
100 N St., NW  
(202) 724-4394

**North Michigan Park Recreation Center**  
1333 Emerson Sts., NE  
(202) 541-3522  
**Senior Programs** (202) 541-3522

**Shaed Before and After School Care Program**  
301 Douglas St., NE  
(202) 576-8643

**Taft Recreation Center**  
1800 Perry St., NE  
(202) 576-7634

**Theodore Hagan Cultural Center**  
3201 Fort Lincoln Dr., NE  
(202) 576-6440  
**Senior Programs** (202) 576-6440

**Harry Thomas, Sr.**  
1743 Lincoln Rd., NE  
(202) 576-5642

**Turkey Thicket Community Center**  
1100 Michigan Ave. NE  
(202) 635-6227  
**Aquatic Facility** (202) 282-0720



# DIRECTORY OF FACILITIES

## WARD 6

**Amidon Before and After School Care Program**  
401 Eye St., SW  
(202) 727-3958

**Hine Recreation Center**  
335 8th St., SE  
(202) 727-5498

**Joy Evans Before and After School Care Program**  
555 L St., SE  
(202) 727-6553

**King Greenleaf Recreation Center**  
201 N St., SW  
(202) 645-7454  
**Senior Programs** (202) 727-1774

**Lincoln-Capper Recreation Center**  
555 L St., SE  
(202) 727-5477

**Payne Recreation Center**  
303 15th St., SE  
(202) 727-5474  
**Before and After School Care Program**  
(202) 673-8091  
**Early Care and Education** (202) 724-2118

**Randall Recreation Center**  
820 South Capitol St., SW  
(202) 727-5504  
**Early Care and Education** (202) 727-5504

**Rosedale Recreation Center**  
1700 Gales Sts., NE  
(202) 727-5405  
**Early Care and Education** (202) 727-5435

**William H. Rumsey Aquatic Center**  
635 North Carolina Ave., SE  
(202) 724-4495

**Sherwood Recreation Center**  
640 10th St., NE  
(202) 698-3075  
**Senior Programs** (202) 698-3313

**Watkins Recreation Center**  
420 12th St., SE  
(202) 724-4468  
**Early Care and Education** (202) 727-5488



## WARD 7

**Benning Park Community Center**  
53rd & Fitch Sts., SE  
(202) 645-3957  
**Early Care and Education** (202) 645-3953

**Benning Stoddert Community Center**  
100 Stoddert Pl., SE  
(202) 698-1873

**DC Center for Therapeutic Recreation**  
3030 G St., SE  
(202) 698-1794  
**Aquatic Facility** (202) 645-5708  
**Early Childhood Development Center**  
3030 G St., SE  
(202) 645-3992

**Fort Davis Community Center**  
1400 41st St., SE  
(202) 645-9212  
**Senior Programs** (202) 645-9212

**Hillcrest Recreation Center**  
3100 Denver St., SE  
(202) 645-9200  
**Senior Programs** (202) 645-9200

**Kenilworth-Parkside Recreation Center**  
4300 Anacostia Ave., NE  
(202) 727-5440  
**Early Care and Education** (202) 727-5439  
**Senior Programs** (202) 727-8934

**Lederer Environmental Educational Center**  
4801 Nannie Helen Burroughs Ave., NE  
(202) 727-8061

**Paradise Early Care and Education**  
3515 Jay St., NE  
(202) 727-9173

**Plummer Before and After School Care Program**  
4601 Texas Ave., SE  
(202) 645-7099

**Ridge Recreation Center**  
800 Ridge Rd., SE  
(202) 645-3959

**Stoddert Terrace Early Care and Education**  
155 Ridge Rd., SE  
(202) 645-0098

**Watts Branch Recreation Center**  
6201 Banks Sts., NE  
(202) 727-5432

## WARD 8

**Anacostia Fitness Center**  
1800 Anacostia Dr., SE  
(202) 698-2250

**Atlantic Gardens Early Care and Education**  
4228 4th St., SE  
(202) 645-3972

**Atlantic Terrace Early Care and Education**  
4309 3rd St., SE  
(202) 645-3914

**Bald Eagle Recreation Center**  
180 Joliet St., SW  
(202) 645-3960  
**Early Care and Education** (202) 645-3964

**Barry Farm Recreation Center**  
1230 Sumner Rd., SE  
(202) 645-3896  
**Early Care and Education** (202) 645-3932

**Congress Heights Recreation Center**  
100 Randle Pl., SE  
(202) 645-3981

**Douglass Community Center**  
2100 Stanton Terr., SE  
(202) 645-3980

**Ferebee Hope Recreation Center**  
3999 Eighth St., SE  
(202) 645-3917

**Fort Stanton Community Center**  
1812 Erie St., SE  
(202) 645-3970

**Hart Recreation Center**  
601 Mississippi Ave., SE  
(202) 645-3924

**Hendley Before and After School Care Program**  
425 Chesapeake St., SE  
(202) 645-3926

**Malcolm X Early Care and Education**  
3200 13th St., SE  
(202) 645-3986

**Moten Before and After School Care Program**  
1565 Morris Rd., SE  
(202) 645-3877

**Savoy Recreation Center Before and After School Care Program**  
2440 Shannon Pl., SE  
(202) 645-3931

**Simon Before and After School Care Program**  
4th St., & Mississippi Ave., SE  
(202) 645-3923

**Southeast Tennis & Learning Center**  
401 Mississippi Ave., SE  
(202) 645-6242

**Turner Before and After School Care Program**  
1740 Stanton Rd., SE  
(202) 645-3915

# EDUCATIONAL SERVICES

The Office of Educational Services offers year-round programs to stimulate the growth and intellectual development of children 6 weeks to 18 years old by creating an environment where activities are carefully chosen to promote learning. Parental involvement is emphasized through program planning, participation in activities, and policy committee meetings. Program information may be obtained at any of the locations listed. The Early Care and Education and Before and After School Program are licensed by the Department of Health, and participate in the childcare subsidy program through the Department of Human Services. For more information, call (202) 282-0710.

## Early Care and Education Services

Fees: vary according to income.

Ongoing

Age: 2yrs -5yrs

The Early Care and Education/Head Start program is available year-round on weekdays for young children. This program uses Creative Curriculum as a guide for a foundation focusing on language, literacy, mathematics, science, creative arts, social emotional, approaches to learning, and physical health combined with exciting field trips. The children receive breakfast, lunch, and an afternoon snack. Parental involvement is highly encouraged, and special activities are planned specifically for parent-child interactions. Early childhood services are provided at 17 locations throughout the city and are licensed by the DC Department of Health and participate in the childcare subsidy program through the Department of Human Services. Most programs are accredited by the National Association for the Education of Young Children.

For more information, please call (202) 282-0710.

6101.501	Atlantic Gardens	7:00am-6:00pm	M Tu W Th F
6102.501	Atlantic Terrace	7:00am-6:00pm	M Tu W Th F
6103.501	Bald Eagle	7:00am-6:00pm	M Tu W Th F
6104.501	Banneker	7:00am-6:00pm	M Tu W Th F
6105.501	Barry Farms	7:00am-6:00pm	M Tu W Th F
6106.501	Benning Park	7:00am-6:00pm	M Tu W Th F
6108.501	Early Childhood DC	7:00am-6:00pm	M Tu W Th F
6109.501	Edgewood ◆ □	7:00am-6:00pm	M Tu W Th F
6110.501	Kenilworth-Parkside	7:00am-6:00pm	M Tu W Th F
6111.501	Malcolm X	7:00am-6:00pm	M Tu W Th F
6112.501	New York Avenue	7:00am-6:00pm	M Tu W Th F
6113.501	Paradise	7:00am-6:00pm	M Tu W Th F
6114.501	Payne	7:00am-6:00pm	M Tu W Th F
6115.501	Randall	7:00am-6:00pm	M Tu W Th F
6116.501	Rosedale	7:00am-6:00pm	M Tu W Th F
6117.501	Stoddert Terrace	7:00am-6:00pm	M Tu W Th F
6118.501	Watkins □	7:00am-6:00pm	M Tu W Th F

◆ Denotes program for children ages six weeks to five years

□ Denotes Universal Pre-K Program

## Before and After School Care Program

Fees: vary according to income.

Ages: 4yrs-12yrs

School aged children have a positive alternative to being home alone before and after the school day. This is a year-round program, usually located in the school attended by the child, which provides a safe, caring environment that reinforces learning. Children receive homework assistance and tutoring by teachers in reading, mathematics and language arts. Experiences such as multicultural enrichment, recreational activities, field trips and child parent activities round out the experience. An afternoon snack and dinner are provided. All sixteen are licensed by the Department of Health, and participate in the childcare subsidy program through Department of Human Services and USDA Food Program. For more information, call (202) 282-0710.

6200.501	Adams	7:00am-9:00am	3:00pm-6:00pm	M Tu W Th F
6201.501	Amidon	7:00am-9:00am	3:00pm-6:00pm	M Tu W Th F
6202.501	Bancroft	7:00am-9:00am	3:00pm-6:00pm	M Tu W Th F
6203.501	Hendley	7:00am-9:00am	3:00am-6:00pm	M Tu W Th F
6204.501	Joy Evans ■	7:00am-9:00am	3:00pm-6:00pm	M Tu W Th F
6205.501	Mamie D. Lee ■	7:00am-9:00am	3:00pm-6:00pm	M Tu W Th F
6206.501	Riggs LaSalle	7:00am-9:00am	3:00pm-6:00pm	M Tu W Th F
6207.501	Moten	7:00am-9:00am	3:00pm-6:00pm	M Tu W Th F
6208.501	Oyster	7:00am-9:00am	3:00pm-6:00pm	M Tu W Th F
6209.501	Payne	7:00am-9:00am	3:00pm-6:00pm	M Tu W Th F
6210.501	Plummer	7:00am-9:00am	3:00pm-6:00pm	M Tu W Th F
6211.501	Savoy	7:00am-9:00am	3:00pm-6:00pm	M Tu W Th F
6212.501	Shaed	7:00am-9:00am	3:00pm-6:00pm	M Tu W Th F
6213.501	Sharpe Health ■	7:00am-9:00am	3:00pm-6:00pm	M Tu W Th F
6214.501	Simon	7:00am-9:00am	3:00pm-6:00pm	M Tu W Th F
6215.501	Turner	7:00am-9:00am	3:00pm-6:00pm	M Tu W Th F

■ Denotes special needs centers [Ages 4-18]

## Cooperative Play Program

Fee: DC Residents: \$672 Non-Residents: \$1,344  
(\$4 daily Rate) (\$8 daily Rate)

\$30 non-refundable registration fee is required

Ongoing

Ages: 2 ½ yrs to 5 yrs

Young children are introduced to a structured play setting with activities that engage the whole child - mentally, socially, physically, and emotionally - in preparation for entering the formal education system. Emphasis is placed on socialization skills such as learning to take turns painting and cutting, and motor activities like running and jumping. Parents must be involved at least two days per month to assist with organizing and planning activities.

For more information, call (202) 282-0710

6300.501	Chevy Chase CC	9:00am -12:00pm	M Tu W Th F
6301.501	Chevy Chase PG	9:00am -12:00pm	M Tu W Th F
6302.501	Emery	9:00am -12:00pm	M Tu W Th F
6303.501	Friendship	9:00am -12:00pm	M Tu W Th F
6304.501	Georgetown	9:00am -12:00pm	M Tu W Th F
6305.501	Hardy	9:00am -12:00pm	M Tu W Th F
6306.501	Langdon Park	9:00am -12:00pm	M Tu W Th F
6307.501	Palisades	9:00am -12:00pm	M Tu W Th F
6308.501	Parkview	9:00am -12:00pm	M Tu W Th F
6309.501	Stoddert	9:00am -12:00pm	M Tu W Th F

# RECREATION SERVICES

*The Office of Recreation Services offers a vast range of exciting and enriching programs and activities for children, teens, and adults. Programs focus on physical activity, socialization, academic support, cultural enrichment, and performing arts.*

## After School Enrichment

### Afterschool Access

Fee: None

12 Week Session

Jan. 3, 2006 - Mar. 24, 2006

Ages: 6yrs to 12yrs

Complete homework assignments with assistance from staff and certified volunteers, then join in the fun with recreational activities.

1001.243	Arboretum	3:30pm-6:00pm	M Tu W Th F
1001.217	Bald Eagle	3:30pm-6:00pm	M Tu W Th F
1001.236	Banneker	3:30pm-6:00pm	M Tu W Th F
1001.223	Barry Farm	3:30pm-6:00pm	M Tu W Th F
1001.207	Benning Park	3:30pm-6:00pm	M Tu W Th F
1001.250	Benning Stoddert	3:30pm-6:00pm	M Tu W Th F
1001.222	Brentwood	3:30pm-6:00pm	M Tu W Th F
1001.240	Chevy Chase PG	3:30pm-6:00pm	M Tu W Th F
1001.208	Congress Heights	3:30pm-6:00pm	M Tu W Th F
1001.251	Douglass	3:30pm-6:00pm	M Tu W Th F
1001.205	Edgewood	3:30pm-6:00pm	M Tu W Th F
1001.219	Emery	3:30pm-6:00pm	M Tu W Th F
1001.209	Ferebee Hope	3:30pm-6:00pm	M Tu W Th F
1001.212	Fort Davis	3:30pm-6:00pm	M Tu W Th F
1001.245	Fort Lincoln	3:30pm-6:00pm	M Tu W Th F
1001.211	Fort Stanton	3:30pm-6:00pm	M Tu W Th F
1001.221	Fort Stevens	3:30pm-5:00pm	M Tu W Th F
1001.238	Georgetown	3:30pm-6:00pm	M Tu W Th F
1001.231	Hamilton	3:30pm-6:00pm	M Tu W Th F
1001.241	Hardy	3:30pm-6:00pm	M Tu W Th F
1001.247	Harry Thomas Sr.	3:30pm-6:00pm	M Tu W Th F
1001.202	Harrison	3:30pm-6:00pm	M Tu W Th F
1001.213	Hart	3:30pm-6:00pm	M Tu W Th F
1001.220	Hearst	3:30pm-4:30pm	M Tu W Th F
1001.235	Hillcrest	3:30pm-6:00pm	M Tu W Th F
1001.253	Hine	3:30pm-6:00pm	M Tu W Th F
1001.232	Joseph H. Cole	3:30pm-6:00pm	M Tu W Th F
1001.237	Kalorama	3:30pm-6:00pm	M Tu W Th F
1001.216	Kenilworth	3:30pm-6:00pm	M Tu W Th F
1001.239	Kennedy	3:30pm-6:00pm	M Tu W Th
1001.230	King Greenleaf	3:30pm-6:00pm	M Tu W Th F
1001.242	Lafayette	3:30pm-6:00pm	M Tu W Th F
1001.234	Langdon Park	3:30pm-6:00pm	M Tu W Th F

6500.207	Lederer Youth Garden	3:30pm-6:00pm	M Tu W Th F
1001.229	Macomb	3:30pm-6:30pm	M Tu W Th F
1001.204	Marie Reed	3:30pm-6:00pm	M Tu W Th F
1001.233	North Michigan	3:30pm-4:35pm	M Tu W Th F
1001.227	Palisades	3:30pm-6:00pm	M Tu W Th F
1001.203	Parkview	3:30pm-6:00pm	M Tu W Th F
1001.244	Petworth	3:30pm-7:00pm	M Tu W Th F
1001.224	Raymond	3:30pm-6:00pm	M Tu W Th F
1001.215	Ridge Road	3:30pm-6:00pm	M Tu W Th F
1001.248	Rosedale	3:30pm-6:00pm	M Tu W Th F
1001.226	Rudolph	3:30pm-6:00pm	M Tu W Th F
1001.249	Sherwood	3:30pm-6:00pm	M Tu W Th F
1001.201	Stead	3:30pm-6:00pm	M Tu W Th F
1001.225	Stoddert	3:30pm-6:00pm	M Tu W Th F
1001.246	Taft	3:30pm-6:00pm	M Tu W Th F
1001.218	Takoma	3:30pm-6:00pm	M Tu W Th F
1001.228	Upshur	3:30pm-6:00pm	M Tu W Th F
1001.210	Watts Branch	3:30pm-6:00pm	M Tu W Th F



### A+ Reading / Writing

Fee: None

12 Week Session

Jan. 6, 2006 - Mar. 24, 2006

Ages: 9yrs to 17yrs

Increase reading comprehension and improve writing skills through a series of structured activities that help participants become better readers and writers.

1001.252	SETLC	5:00pm-6:00pm	M F
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# RECREATION SERVICES

## Applied Scholastics

Fee: DC Residents: None Non-Residents: \$15  
 12 Week Session  
 Jan. 6, 2006 - Mar. 23, 2006  
 Ages: 8yrs to 14yrs  
 Learn how to develop critical thinking skills and strategies that can be applied to daily life challenges including classroom learning.

4392.201 SETLC 5:00pm-6:00pm Tu Th

## Boost Academics

Fee: None  
 12 Week Session  
 Jan. 6, 2006 - Mar. 4, 2006  
 Ages: 6yrs to 13yrs  
 Boost your academic performance with homework tutoring and computer technology.

1000.252 SETLC 4:00pm-7:00pm M Tu W Th F

## Math Olympics

Fee: None  
 12 Week Session  
 Jan. 8, 2006 - Mar. 22, 2006  
 Ages: 6yrs to 13yrs  
 Sharpen your basic math skills with games, quizzes, prizes, and fun.

1006.252 SETLC 5:00pm-6:00pm W

## SAT Prep Classes

Fee: DC Residents: \$50 Non-Residents: \$75  
 8 Week Session  
 Dec. 10, 2005 - Jan 21, 2006  
 Ages: 14yrs to 19yrs  
 Get a head start! Sign up now for SAT Prep class.

1700.201 Bald Eagle 12:00pm-3:30pm Sa  
 1700.205 Sherwood 12:00pm-3:30pm Sa  
 1700.206 Takoma 12:00pm-3:30pm Sa



## Individual Artistic Pursuits

### Art For Kids

Fee: DC Residents: \$100 Non-Residents: \$110  
 8 Week Session  
 Jan. 12, 2006 - Mar. 2, 2006  
 Ages: 2yrs to 12yrs  
 Develop your child's artistic side! Fun, creative projects will keep children interested and motivated.

4207.200 Chevy Chase CC 10:00am-10:45am F (Ages: 2-3yrs)  
 4207.201 Chevy Chase CC 3:30pm-4:15pm Th (Ages: 2-3yrs)  
 4207.202 Chevy Chase CC 4:30pm-5:15pm Th (Ages: 4-6yrs)  
 4207.203 Chevy Chase CC 5:30pm-6:15pm Th (Ages: 7-12yrs)

### Art - Studio w/Critique

Fee: DC Residents: \$90 Non-Residents: \$95  
 8 Week Session  
 Jan. 9, 2006 - Mar. 4, 2006  
 Ages: 18yrs and over  
 Painters of all skill levels may choose oils, acrylics, or watercolors to produce works of art. Instructor provides guidance, suggestions, and individual and group critiques.

4206.202 Guy Mason 1:00pm-3:00pm M  
 4206.205 Guy Mason 3:00pm-5:00pm M  
 4206.201 Guy Mason 6:00pm-8:00pm M  
 4206.203 Guy Mason 10:00am-12:00pm Sa  
 4206.204 Guy Mason 1:00pm-3:00pm Sa

### Ceramics

Fee: None  
 12 Week Session  
 Jan. 4, 2006 - Mar. 22, 2006  
 Ages: 10yrs to 18yrs  
 Enjoy learning various techniques of pouring, cleaning, painting and firing to produce works of earthenware.

4189.201 Kenilworth 5:00pm-6:30pm M W





# RECREATION SERVICES

## China Painting

Fee: DC Residents: \$90 Non-Residents: \$95  
8 Week Session  
Jan 11, 2006 - Mar. 2, 2006  
Ages: 18yrs and over

Decorate porcelain pieces using color design compositions and brush stroke techniques.

4205.201	Guy Mason	10:00am-12:00pm	W
4205.202	Guy Mason	1:00pm-3:00pm	W
4205.203	Guy Mason	10:00am-12:00pm	Th
4205.204	Guy Mason	1:00pm-3:00pm	Th

## Chinese Brush Painting

Fee: DC Residents: \$80 Non-Residents: \$85  
8 Week Session  
Jan. 11, 2006 - Mar. 1, 2006  
Ages: 18yrs and over  
Blend colors, design compositions and use brush stroke techniques to complete traditional landscapes and flower painting on rice paper.

4204.201	Chevy Chase CC	10:00am-12:00pm	W
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## Drawing and Painting

Fee: DC Residents: \$80 Non-Residents: \$85  
8 Week Session  
Jan. 10, 2006 - Mar. 1, 2006  
Ages: 7yrs and over  
Beginners and advanced students receive instruction in drawing with pencil, charcoal, conte, pastels, acrylic, and oil painting. Students are responsible for materials.

4203.200	Chevy Chase CC	7:00pm-9:00pm	Tu (Ages: 14 & over)
4203.201	Chevy Chase CC	4:00pm-5:00pm	W (Ages: 7-13yrs)
4203.202	Chevy Chase CC	6:00pm-8:00pm	W (Ages: 15 & over)

## Mini Doodlers

Fee: DC Residents: \$100 Non-Residents: \$115  
8 Week Session  
Jan. 10, 2006 - Feb. 28, 2006  
Ages: 3yrs to 5yrs  
Ignite your little one's imagination with activities that discover talent and foster creativity to make their own masterpieces.  
Material Fee: \$30  
4486.201 Georgetown 4:15pm-5:00pm Tu



## Pottery

Fee: DC Residents: \$100 Non-Residents: \$110  
8 Week Session  
Jan. 10, 2006 - Feb. 28, 2006  
Ages: 6yrs and over  
Learn clay forming, use of the pottery wheel, decorating, firing, and glazing to produce ceramic works of art.

4201.201	Chevy Chase CC	5:30pm-6:30pm	Tu (Ages: 10-15yrs)
4201.202	Chevy Chase CC	6:30pm-8:30pm	Tu (Ages: 15 & over)
4201.203	Chevy Chase CC	9:00am-10:00am	Sa (Ages: 6-9yrs)
4201.204	Chevy Chase CC	10:00am-12:00pm	Sa (Ages: 18 & over)

## Pottery

Fee: DC Residents: \$145 Non-Residents: \$155  
8 Week Session  
Jan. 9, 2006 - Mar. 4, 2006  
Ages: 18yrs and over  
Learn how to use basic clay forming, use of the wheel, decorating, firing, and glazing to produce works independently. Hand Building class: Thurs. 10:30-1:00pm. Advanced Wheel Class: Wed. 7:00-9:30pm. Beginning Wheel Throwing: Thurs. 7:00-9:30 and Hand Building and Wheel Throwing: Sat. 1:00-3:30pm

4202.202	Guy Mason	7:00pm-9:30pm	Tu
4202.203	Guy Mason	7:00pm-9:30pm	W
4202.204	Guy Mason	10:30am-1:00pm	Th
4202.205	Guy Mason	7:00pm-9:30pm	Th
4202.206	Guy Mason	9:30am-12:00pm	Sa
4202.207	Guy Mason	1:00pm-3:30pm	Sa

# RECREATION SERVICES

## Youth Clubs

### Black Pearls Reading Program

Fee: None

12 Week Session

Jan. 3, 2006 - Mar. 21, 2006

Ages: 11yrs to 15yrs

Spirited monthly discussions on books selected by club members.

4482.201	Congress Heights	7:00pm-8:00pm	Tu
4482.202	Watts Branch	6:00pm-7:30pm	M

### Born To Talk Girls Club

Fee: None

12 Week Session

Jan. 6, 2006 - Mar. 23, 2006

Ages: 12yrs to 17yrs

Spread your wings! Share your intellectual, spiritual, and personal thoughts with peers in roundtable discussions.

4023.252	SETLC	4:30pm-6:00pm	Th
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### Boys To Men

Fee: None

12 Week Session

Jan. 4, 2006 - Mar. 24, 2006

Ages: 9yrs to 18yrs

Do the Right Thing! Rites of passage making positive choices, and discussing life skills are agenda topics in these boys to men only age-appropriate group discussions.

4470.207	Benning Park	7:00pm-8:30pm	F
4470.211	Fort Davis	7:00pm-8:00pm	M
4470.205	Fort Stanton	7:00pm-8:30pm	F
4470.203	Joseph H. Cole	7:00pm-8:00pm	M W
4470.201	Kennedy	4:00pm-6:00pm	M
4470.210	Ridge	6:00pm-7:00pm	F
4470.204	Rudolph	5:00pm-6:00pm	F
4470.206	Savoy	7:00pm-8:30pm	F
4470.208	Stead	5:00pm-6:00pm	F
4470.202	Takoma	6:00pm-7:00pm	M
4470.209	Watts Branch	7:00pm-8:00pm	M

## Chess Club

Fee: None

12 Week Session

Jan. 3, 2006 - Mar. 25, 2006

Ages: 6yrs to 18yrs

Tactful strategies and concentration are part of learning the fundamentals of this challenging board game.

4190.203	Fort Stevens	6:00pm-7:00pm	M
4190.201	Kalorama	12:00pm-3:00pm	Sa
4190.202	Parkview	6:00pm-7:00pm	Tu Th
4190.204	Petworth	6:00pm-7:30pm	Tu
4190.206	SETLC	4:30pm-5:30pm	M W F
4190.205	Takoma	6:00pm-7:00pm	Tu Th

## Creating Intelligent Top-Flight Youth (C.I.T.Y.)

Fee: None

12 Week Session

Jan. 3, 2006 - Mar. 21, 2006

Ages: 6yrs to 17yrs

Young male children and adolescent boys engage in age-appropriate leisure, social, educational and community service experiences.

4491.201	Rosedale	6:00pm-7:00pm	Tu
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## Diamonds In The Rough

Fee: None

12 Week Session

Jan. 5, 2006 - Mar. 23, 2006

Ages: 13yrs to 19yrs

Grow through shared discussions with peers, introspection, and role-play.

4706.201	Parkview	6:00pm-8:00pm	Th
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## Drama On My Mind

Fee: None

12 Week Session

Jan. 3, 2006 - Mar. 22, 2006

Ages: 6yrs to 18yrs

Learn to tell a story dramatically while having fun reading, writing and creating your own two-minute play.

4481.202	Congress Heights	7:00pm-8:00pm	Tu
4481.201	Joseph H. Cole	5:00pm-6:30pm	W



# RECREATION SERVICES

## Girls Curiosity Club

Fee: None

12 Week Session

Jan. 3, 2006 - Mar. 21, 2006

Ages: 7yrs to 12yrs

Learn valuable life skills and the importance of making positive life choices.

4487.201 Takoma 5:30pm-6:30pm Tu

## Girls In Action

Fee: None

12 Week Session

Jan. 3, 2006 - Mar. 21, 2006

Ages: 6yrs to 12yrs

Explore day-to-day concerns, learn valuable life skills and participate in various field trips.

4469.201 Riggs LaSalle 6:00pm-8:00pm Tu

## Just Us Girls

Fee: None

12 Week Session

Jan. 3, 2006 - Mar. 24, 2006

Ages: 8yrs to 13yrs

Be a part of this fun and exciting club. Activities include educational enrichment, creative art, field trips and guest speakers.

4484.209	Brentwood	6:00pm-7:00pm	W
4484.205	Joseph H. Cole	6:00pm-7:30pm	Th
4484.201	Congress Heights	7:00pm-8:00pm	F
4484.208	Hart	5:00pm-6:00pm	M W
4484.202	Kennedy	7:00pm-8:00pm	W
4484.204	Payne	5:00pm-6:30pm	Tu Th F
4484.207	Rosedale	6:00pm-7:00pm	M
4484.206	Rudolph	5:00pm-6:00pm	Th
4484.203	Stead	7:00pm-8:00pm	Tu
4484.210	Harry Thomas Sr.	5:30pm-6:30pm	W



## Reading Enrichment Club

Fee: None

12 Week Session

Jan. 3, 2006 - Mar. 25, 2006

Ages: 7yrs and over

Spirited discussions on books selected by members.

4475.203	Douglas	6:00pm-7:00pm	M
4475.204	Joseph H. Cole	5:00pm-6:00pm	Tu Th
4475.201	Kalorama	11:00am-2:00pm	Sa
4475.206	Langdon Park	4:30pm-5:30pm	Tu Th
4475.208	Parkview	4:00pm-5:00pm	W
4475.207	Takoma	7:00pm-8:00pm	Th
4475.202	Watts Branch	7:00pm-8:00pm	F

## Sister 2 Sister

Fee: None

12 Week Session

Jan. 3, 2006 - Mar. 21, 2006

Ages: 6yrs to 12yrs

Young ladies gather to learn and chat about etiquette healthy nutrition, field trips, and books of interests.

4488.201 Watts Branch 5:00pm-6:00pm Tu

## Supreme Teens

Fee: None

12 Week Session

Jan 03 2006 - Mar 24 2006

Ages: 13yrs to 19yrs

Teens meet to exchange ideas, plan workshops, attend cultural events, participate in recreational activities, and engage in community service projects.

4400.212	Bald Eagle	7:00pm-8:00pm	Tu
4400.244	Banneker	5:00pm-6:30pm	W
4400.245	Barry Farm	7:00pm-8:00pm	Th
4400.208	Benning Park	7:00pm-8:30pm	Th F
4400.249	Benning Stoddert	6:00pm-7:30pm	F
4400.230	Brentwood	6:00pm-8:00pm	F
4400.221	Chevy Chase PG	7:30pm-8:00pm	F
4400.225	Joseph H. Cole	7:00pm-8:00pm	W
4400.247	Congress Heights	7:00pm-8:00pm	Th
4400.203	Douglas CC	6:00pm-8:00pm	F
4400.253	Douglas JHS	7:00pm-8:00pm	W
4400.224	Edgewood	6:30pm-8:30pm	M F
4400.227	Emery	6:00pm-7:00pm	Th
4400.244	Ferebee Hope	7:00pm-8:00pm	W
4400.209	Fort Davis	6:00pm-8:30pm	F
4400.210	Fort Stanton	7:00pm-8:30pm	Th
4400.217	Fort Stevens	6:00pm-7:00pm	W
4400.240	Greenleaf	6:00pm-8:00pm	W
4400.202	Hamilton	6:00pm-7:30pm	Th
4400.204	Harrison	6:00pm-8:00pm	Tu
4400.215	Hart	7:00pm-8:00pm	Tu
4400.223	Hearst	7:00pm-8:30pm	M F
4400.250	Hillcrest	6:00pm-7:30pm	F
4400.207	Kalorama	7:00pm-8:00pm	F
4400.236	Langdon	6:00pm-8:00pm	F
4400.213	Kenilworth	6:00pm-8:00pm	Th F
4400.234	Kennedy	7:00pm-8:30pm	Tu
4400.228	Macomb	6:00pm-7:00pm	Th
4400.206	Marie Reed	6:30pm-8:30pm	F
4400.232	North Michigan	6:00pm-7:00pm	F
4400.222	Palisades	6:00pm-8:30pm	F
4400.233	Parkview	6:00pm-8:00pm	W
4400.231	Payne	6:00pm-7:00pm	Th
4400.214	Ridge Road	7:00pm-8:30pm	Th F
4400.129	Rosedale	6:00pm-8:00pm	Th
4400.216	Savoy	7:00pm-8:00pm	Th
4400.237	Sherwood	6:00pm-8:00pm	F
4400.205	Stead	7:00pm-8:00pm	F
4400.201	Taft	6:00pm-8:30pm	Tu Th F
4400.226	Takoma	6:30pm-7:30pm	Th
4400.229	Harry Thomas Sr.	7:00pm-8:00pm	W
4400.211	Watts Branch	6:00pm-8:00pm	W

# RECREATION SERVICES

## Youth Talk

Fee: None

12 Week Session

Jan. 9, 2006 - Mar. 20, 2006

Ages: 12yrs to 17yrs

Weekly roundtable discussions on how local, national, and international current events affect teen lives.

4328.201	Kalorama	5:00pm-7:00pm	M
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## Dance

### African Dance

Fee: DC Residents: \$50

Non-Residents: \$65

12 Week Session

Jan. 4, 2006 - Mar. 25, 2006

Ages: 6yrs and over

Learn how to unite rhythmic dance with history and culture to develop a holistic approach toward wellness.

4227.201	Brentwood	7:00pm-8:00pm	W
4228.201	King Greenleaf	10:00am-12:00pm	Sa



### Ballet I With Tumbling

Fee: DC Residents: \$80

Non-Residents: \$85

8 Week Session

Jan. 11, 2006 - Mar. 4, 2006

Ages: 4yrs to 8yrs

Children learn the five basic ballet positions, cover steps, terms and rhythms while maintaining flexibility and coordination through tumbling. They also experience working as a group to achieve collaborative goals.

4229.201	Chevy Chase CC	4:00pm-5:00pm	Tu
4229.202	Chevy Chase CC	5:00pm-6:00pm	Tu
4229.203	Chevy Chase CC	4:00pm-5:00pm	W
4229.204	Chevy Chase CC	4:15pm-5:15pm	Th
4229.205	Chevy Chase CC	9:30am-10:30am	Sa
4230.201	Chevy Chase CC	5:00pm-6:00pm	W (Ages: 6-8yrs)
4230.202	Chevy Chase CC	10:30am-11:30am	Sa (Ages: 6-8yrs)

## Ballroom Dancing

Fee: DC Residents: \$60

Non-Residents: \$65

Couples Fee: DC Residents: \$100 Non-Residents: \$110

8 Week Session

Jan. 10, 2006 - Mar. 2, 2006

Ages: 18yrs and over

Put on your dancing shoes and choose any four of the following dances to learn: Waltz, Fox Trot, Swing, Tango, Cha-Cha, Rumba, Salsa, Quick Step, Samba, Meringue, and Two-Step. A step list and video of each student included.

4231.201	Chevy Chase CC	7:15pm-9:15pm	W
4232.201	Guy Mason	7:15pm-9:15pm	Tu
4232.202	Guy Mason	7:15pm-9:15pm	Th

## Egyptian Belly Dance

Fee: DC Residents: \$70

Non-Residents: \$75

8 Week Session

Jan. 12, 2006 - Mar. 2, 2006

Ages: 15yrs and over

Experience the beauty of classical North African dance movements in a fun, supportive, women-centered environment. Learn basic techniques including hip/abdomen circles and arm movements. Enjoy the beautiful, healthy, and sensual art of Egyptian Belly Dance, exotic Moroccan and Egyptian music and "mystical scarf magic."

4236.201	Chevy Chase CC	8:00pm-9:00pm	Th
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## Footstep Dance

Fee: DC Residents: \$100

Non-Residents: \$100

12 Week Session

Jan. 4, 2006 - Mar. 22, 2006

Ages: 6yrs to 18yrs

Learn basic movements and choreography steps through group and individual practice. Students will participate in the Annual Spring Recital.

4370.201	Taft	9:00am-3:00pm	Sa
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## Hand Dancing

Fee: None

12 Week Session

Jan. 9, 2006 - Mar. 20, 2006

Ages: 18yrs and over

Smooth and easy are the best ways to learn this popular dance style.

4242.202	Brentwood	7:30pm-9:00pm	M
4242.201	Sherwood	6:30pm-8:30pm	M

## Hip Hop Dancing

Fee: DC Residents: \$50

Non-Residents: \$55

8 Week Session

Jan. 12, 2006 - Mar. 2, 2006

Ages: 6yrs to 13yrs

Get great exercise while learning dance routines that are creative and energetic.

4233.201	Chevy Chase CC	6:00pm-6:45pm	Th
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# RECREATION SERVICES



## Liturgical Dance Team

Fee: None

12 Week Session

Jan. 7, 2006 - Mar. 25, 2006

Ages: 6yrs and over

Embrace your spirituality and express yourself through the art of dance.

4244.201 Brentwood 11:30am-1:00pm Sa

## Foreign Languages

### English as a Second or Other Language (ESOL)

Fee: DC Residents: \$80 Non-Residents: \$85

8 Week Session

Jan. 10, 2006 - Feb. 28, 2006

Ages: 18yrs and over

A class for people interested in improving their fluency, pronunciation, and vocabulary in English.

4241.202 Chevy Chase CC 5:30pm-6:30pm Th

### French

Fee: DC Residents: \$80

Non-Residents: \$85

8 Week Session

Jan. 9, 2006 - Feb. 27, 2006

Ages: 18yrs and over

Bonjour! Enjoy conversational French using a full immersion technique including practice with others, videos, and text.

4110.201 Chevy Chase CC 6:00pm-7:00pm M

4110.202 Chevy Chase CC 6:00pm-7:00pm W

### French

Fee: DC Residents: \$70

Non-Residents: \$75

8 Week Session

Jan. 9, 2006 - Feb 28, 2006

Ages: 18yrs and over

Introduce yourself to the world of conversational French. Emphases are on comprehension and oral communication. Contact center for class placement skill. Tues: Beg I; Wed: Intermediate II and Advanced.

4238.203 Guy Mason 7:15pm-8:15pm T

4238.202 Guy Mason 6:20pm-7:20pm W

4238.204 Guy Mason 7:30pm-8:30pm W

## Spanish

Fee: DC Residents: \$80

Non-Residents: \$85

8 Week Session

Jan. 9, 2006 - Feb. 28, 2006

Ages: 18yrs and over

Beginning through intermediate-conversational Spanish, utilizing a full immersion technique includes practice with others, videos, and text.

4237.200 Chevy Chase CC 7:30pm-8:30pm M

4237.201 Chevy Chase CC 5:30pm-6:30pm Tu

4237.202 Chevy Chase CC 6:30pm-7:30pm Tu

4237.203 Chevy Chase CC 7:30pm-8:30pm Tu

## Spanish

Fee: DC Residents: \$70

Non-Residents: \$75

8 Week Session

Jan. 10, 2006 - Mar. 2, 2006

Ages: 18yrs and over

Beginning through advanced conversational Spanish. Emphases on grammar and idioms to understand and communicate in Spanish. Wed: Beg II, Intermediate and Advance; Thurs: Beg I.

4239.202 Guy Mason 6:00pm-7:00pm W

4239.203 Guy Mason 5:30pm-6:30pm Th

4239.204 Guy Mason 6:30pm-7:30pm Th

4239.205 Guy Mason 7:30pm-8:30pm Th

## Music

### Drums

Fee: None

12 Week Session

Jan. 6, 2006 - Mar. 24, 2006

Ages: 8yrs to 18yrs

Learn the fundamentals of drumming and various drum rolls to participate in drumming demonstrations.

4332.201 Takoma 6:00pm-7:00pm Tu W



# RECREATION SERVICES

## Guitar

Fee: DC Residents: \$100 Non-Residents: \$110

8 Week Session

Jan. 9, 2006 - Mar. 4, 2006

Ages: 7yrs and over

Learn the fundamentals of how to play the instrument, read music, and perform simple and complex melodies. Budding musicians must have their own guitar.

4208.201	Chevy Chase CC	6:00pm-7:00pm	M
4208.202	Chevy Chase CC	7:00pm-8:00pm	M
4208.203	Chevy Chase CC	8:00pm-9:00pm	M
4208.204	Chevy Chase CC	10:00am-11:00am	Sa
4208.205	Chevy Chase CC	11:00am-12:00pm	Sa

## Guitar

Fee: DC Residents: \$10 Non-Residents: \$15

8 Week Session

Jan. 12, 2006 - Mar. 2, 2006

Ages: 7yrs to 12yrs

Learn to play basic songs fast! Emphases on melodies, basic scales, easy chords, and correct posture. Students must have their own guitar

4209.201	Georgetown	4:15pm-5:30pm	Th
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## Hip Hop Jazz

Fee: None

12 Week Session

Jan. 6, 2006 - Mar. 24, 2006

Ages: 6yrs to 13yrs

Relish the sounds and rhythms of hip hop jazz combination then join in the musical discussion.

4753.201	King Greenleaf	5:30pm-6:30pm	F
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## Joy of Singing

Fee: DC Residents: \$50 Non-Residents: \$55

8 Week Session

Jan. 11, 2006 - Mar. 1, 2006

Ages: 13yrs and over

Discover the joy of singing in a relaxed atmosphere. Make the most of your voice with instruction and a variety of group songs. No tryouts!

4214.201	Chevy Chase CC	6:00pm-7:00pm	W
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## Karaoke

Fee: None

12 Week Session

Jan. 3, 2006 - Mar. 23, 2006

Ages: 6yrs and over

Show off your singing ability performing songs of your choice.

4604.201	Takoma	4:00pm-5:00pm	Tu Th
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## Music Together

Fee: DC Residents: \$120 Non-Residents: \$130

8 Week Session

Jan. 9, 2006 - Mar. 3, 2006

Ages: Up to 4yrs

Build your child's natural enthusiasm for music and movement to develop musical skills. Parents and children ages birth to four participate together.

4215.201	Chevy Chase CC	10:00am-10:45am	M
4215.202	Chevy Chase CC	11:00am-11:45am	M
4215.203	Chevy Chase CC	12:00pm-12:45pm	M
4215.204	Chevy Chase CC	10:00am-10:45am	Th
4215.205	Chevy Chase CC	11:00am-11:45am	Th
4215.206	Chevy Chase CC	12:00pm-12:45pm	Th
4216.201	Guy Mason	9:45am-10:30am	Tu
4216.202	Guy Mason	10:45am-11:30am	Tu
4216.203	Guy Mason	9:45am-10:30am	W
4216.204	Guy Mason	10:45am-11:30am	W
4216.205	Guy Mason	11:45am-12:30pm	W
4216.206	Guy Mason	9:45am-10:30am	F
4216.207	Guy Mason	10:45am-11:30am	F
4216.208	Guy Mason	11:45am-12:30pm	F

## Piano

Fee: DC Residents: \$140 Non-Residents: \$150

8 Week Session

Jan. 11, 2006 - Mar. 2, 2006

Ages: 7yrs and over

Develop piano skills as a beginner or expand on current knowledge. Classes are thirty-minute private lessons. Please call the center for available times.

4210.201	Chevy Chase CC	12:00pm-08:00pm	W Th
4210.202	Chevy Chase CC	12:00pm-08:00pm	W Th

## Rhythm and Drumming

Fee: DC Residents: \$75 Non-Residents: \$80

8 Week Session

Jan. 11, 2006 - Mar. 1, 2006

Ages: 9yrs and over

Develop rhythm and drumming skills in a group jam session. Participants must provide practice pad, stand and sticks.

4213.201	Chevy Chase CC	6:00pm-7:00pm	W
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# RECREATION SERVICES

## Toddler Tiempo

Fee: DC Residents: \$80

Non-Residents: \$85

8 Week Session

Jan. 10, 2006 - Mar. 1, 2006

Ages: 1yrs 6mths to 3yrs

Introduce your child to Spanish through singing games, parachute and hula hoop play, play dough activities, and stories. This class meets once a week.

4240.201	Chevy Chase CC	9:15am-10:00am	Tu
4240.202	Chevy Chase CC	10:15am-11:00am	Tu
4240.203	Chevy Chase CC	9:15am-10:00am	W
4240.204	Chevy Chase CC	10:15am-11:00am	W



## Personal Enrichment

### Computer Access

Fee: None

12 Week Session

Jan. 3, 2006 - Mar. 24, 2006

Ages: 6yrs to 12yrs

Broaden your knowledge and learn how to use the mouse, create, save, and print files and navigate the Internet.

4401.227	Arboretum	10:00am-1:00pm	Sa
4401.218	Bald Eagle	5:00pm-6:30pm	M W F
4401.220	Barry Farm	5:00pm-6:30pm	M W
4401.214	Benning Park	5:30pm-8:30pm	M W F
4401.226	Benning Stoddert	4:00pm-6:00pm	M Tu W Th F
4401.213	Brentwood	4:00pm-6:00pm	M Tu W Th
4401.222	Chevy Chase PG	5:00pm-6:00pm	Tu Th
4401.223	Douglas	6:00pm-8:00pm	Tu
4401.211	Edgewood	4:00pm-8:00pm	M Tu W Th F
4401.204	Fort Davis	4:00pm-8:00pm	M Tu W Th F
4401.217	Fort Stanton	5:00pm-8:30pm	M W F
4401.205	Harrison	4:00pm-6:00pm	M Tu W Th F
4401.225	Harry Thomas Sr.	3:30pm-8:30pm	M Tu W Th F
4401.215	Hart	5:00pm-6:30pm	M W F
4401.212	Joseph H. Cole	4:00pm-6:00pm	W F
4401.209	Kalorama	4:00pm-6:00pm	M Tu W Th F
4401.219	Kenilworth	5:00pm-6:30pm	M W F
4401.229	Kennedy	4:00pm-8:45pm	M Tu W Th F
4401.231	Langdon	4:00pm-8:00pm	M F
4401.207	Marie Reed	5:00pm-8:30pm	M Tu W Th F
4401.210	North Michigan Park	4:00pm-6:00pm	M W F
4401.206	Parkview	5:00pm-8:30pm	M Tu W Th F
4401.203	Petworth	4:00pm-8:00pm	M Tu W Th F
4401.202	Raymond	4:00pm-6:00pm	M Tu W Th F
4401.221	Ridge Road	5:00pm-6:30pm	M W F
4401.228	Rosedale	4:30pm-6:00pm	M Tu W Th F
4401.216	Savoy	5:00pm-6:30pm	M W F
4401.208	Stead	4:00pm-8:30pm	M Tu W Th F
4401.230	Takoma	4:00pm-8:00pm	M Tu W Th F Sa
4401.201	Upshur	4:00pm-8:00pm	M Tu W Th F
4401.224	Watts Branch	4:00pm-5:30pm	M

### Computer Skills for Kids

Fee: DC Residents: None

Non Residents: \$10

12 Week Session

Jan. 6, 2006 - Mar. 24, 2006

Ages: 10yrs to 17yrs

Broaden your knowledge and learn how to use the mouse, create, save, and print files and navigate the Internet.

4230.252	SETLC	6:00pm-7:00pm	F
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### Crocheting and Knitting

Fee: None

12 Week Session

Jan. 3, 2006 - Mar. 23, 2006

Ages: 6yrs to 18yrs

Learn chaining and different stitches to have fun making simple projects like scarves, hats, and mittens.

4225.201	Marie Reed	7:00pm-8:30pm	Tu Th
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### Culinary Arts

Fee: None

12 Week Session

Jan. 5, 2006 - Mar. 25, 2006

Ages: 13yrs to 18yrs

Learn cooking terminology, table setting, etiquette, and how to prepare simple meals for different occasions.

4709.202	Brentwood	6:30pm-8:00pm	Th
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# RECREATION SERVICES

## Etiquette Class

Fee: None  
12 Week Session  
Jan. 4, 2006 - Mar. 22, 2006  
Ages: 7yrs to 15yrs  
Learn the conventions of polite behavior for all occasions.

4751.201 North Michigan 6:00pm-7:30pm W

## I Am Empowered

Fee: DC Residents: None Non Residents: \$10  
12 Week Session  
Jan. 3, 2006 - Mar. 21, 2006  
Ages: 6yrs to 17yrs  
Character building activities in age-appropriate settings promote positive growth and development of children and youth.

4706.201 SETLC 6:00pm-7:00pm Tu

## Nutrition Buzz

Fee: None  
12 Week Session  
Jan. 5, 2006 - Mar. 23, 2006  
Ages: 8yrs and over  
Enjoy fun activities that teach the importance of a healthy diet, making proper food choices, and staying active.

4471.201 Fort Stevens 5:30pm-7:00pm Th

## Photography

Fee: DC Residents: \$100 Non-Residents: \$110  
8 Week Session  
Jan. 10, 2006 - Feb. 28, 2006  
Ages: 8yrs and over  
Learn to take the perfect photograph, use the darkroom to process film and develop prints.

4217.201 Chevy Chase CC 5:00pm-6:30pm Tu (Ages: 8-13yrs)  
4217.202 Chevy Chase CC 6:30pm-8:00pm Tu (Ages: 14 & over)



## Quilting

Fee: None  
12 Week Session  
Jan. 7, 2006 - Mar. 25, 2006  
Ages: 21yrs to 55yrs  
Create your own unique quilting design! Learn the basics of quilting or expand on your knowledge.

4226.201 North Michigan Park 1:00pm-4:00pm Sa

## Sewing

Fee: None  
12 Week Session  
Jan. 4, 2006 - Mar. 25, 2006  
Ages: 18yrs and over  
Learn basic sewing tasks, pattern cutting and fabric crafting to design and create works and clothes.

4089.204 Brentwood 6:30pm-8:30pm M  
4089.203 Joseph H. Cole 10:00am-12:00pm Sa  
4089.205 Marie Reed 7:00pm-8:30pm W

## Sewing

Fee: DC Residents: \$95 Non- Residents: \$100  
8 Week Session  
Jan. 9, 2006 - Feb. 27, 2006  
Ages: 15yrs and over  
Learn basic sewing tasks, pattern cutting, and fabric crafting to design and create works and clothes. More advanced students will receive individual instruction on how to continue to improve their skills and make the clothes of their dreams.

4218.201 Chevy Chase CC 7:00pm-9:00pm M W

## Story Telling

Fee: None  
12 Week Session  
Jan. 3, 2006 - Mar. 25, 2006  
Ages: 3yrs to 12yrs  
Enjoy listening to exciting stories and have even more fun bringing stories to life by performing them.

4473.201 Brentwood 2:00pm-3:00pm Sa  
4473.202 Friendship 10:00am-12:00pm Sa  
4473.203 Kalorama 5:30pm-7:00pm Tu Th

## Writing Workshops

Fee: None  
12 Week Session  
Jan. 5, 2006 - Mar. 23, 2006  
Ages: 18yrs and over  
Improve writing skills with specialized attention to written assignments, reports, documents, and resumes.

4343.201 Parkview 6:00pm-7:00pm Tu Th

*Drop In Activities are offered at your neighborhood recreation center. Activities include: board and table games, puzzle challenges, charades, card play (all ages), and much more.*



# AQUATICS

The aquatics Division offers water activities for children, youth, teens, adults, seniors and people with special needs. Programs include swim lessons, swim meets, water aerobics, and deep water walking/running. Note: There is minimum number of participants and maximum capacity for all aquatics programs.

## Aqua Aerobics: Deep Water Walking/Running

(with a flotation device)

Fee: DC Residents: \$25

Non- Residents: \$50

Length: 8-Week Session

Ages: 18yrs and over

Promotes muscle strength, endurance and tones large muscle groups.

Must be comfortable working out in deep water.

● Registration begins: Dec. 30, 2005

Session I Jan. 10 - Feb. 2

2521.210 Takoma 11:00am-11:50am Tu Th

● Registration begins: Feb. 3, 2006

Session II Feb. 7 - Mar. 2

2525.211 Takoma 11:00am-11:50am Tu Th

● Registration begins: Mar. 3, 2006

Session III Mar. 7 - Mar. 30

2525.212 Takoma 11:00am-11:50am Tu Th

● Registration date: December 18, 2005

Session I January 3 - February 23

2518.200 Rumsey 9:00am-10:00am M W F

● Registration date: Dec. 18, 2005

Session I Jan. 7 - Apr. 22 8:00am-9:00am

2525.202 Rumsey Sa

## Competitive Youth Swim & Diving Team Training

Fee:DC Residents: \$261 Non-Residents: \$261

Sep. 1, 2006 - May 30, 2006

Ages: 5yrs to 18yrs

Advanced level swimmers participate in local and national swim meets and competitions (affiliated with USA Swimming).

Prerequisite: Redcross Training completed.

2523.209 William H. Rumsey 4:45am-6:30am M Tu W Th F

William H. Rumsey 5:00pm-7:00pm M Tu W Th F

Takoma 5:00pm-7:00pm M Tu W Th F



## Learn to Swim for Adults: Level 1

Fee: DC Residents: None

Non-Residents: \$26

Length: 4-Week Session

Ages: 18yrs and over

Helps students feel comfortable in the water while developing basic swimming and water safety skills.

● Registration date: Dec. 30, 2005

Session I (A) Jan. 9 - Feb. 1

2000.251 Dunbar 7:00pm-7:30pm M W

2001.251 Marie Reed 7:00pm-7:30pm M W

2004.251 Rumsey 7:00pm-7:30pm M W

Session I (B) Jan. 10 - Feb. 2

2005.251 Takoma 7:15pm-7:45pm Tu Th

● Registration date: Feb. 3, 2006

Session II (A) Feb. 6 - Mar. 1

2007.251 Dunbar 7:00pm-7:30pm M W

2008.251 Marie Reed 7:00pm-7:30pm M W

2011.251 Rumsey 7:00pm-7:30pm M W

Session II (B) Feb. 7 - Mar. 2

2012.251 Takoma 7:15pm-7:45pm Tu Th

● Registration date: Mar. 3, 2006

Session III (A) Mar. 6 - Mar. 29

2014.251 Dunbar 7:00pm-7:30pm M W

2015.251 Marie Reed 7:00pm-7:30pm M W

2018.251 Rumsey 7:00pm-7:30pm M W

Session III (B) Mar. 7 - Mar. 30

2019.251 Takoma 7:15pm-7:45pm Tu Th



# AQUATICS

## Learn to Swim for Adults: Level 2

Fee: DC Residents: None Non-Residents: \$26.00

Length: 4-Week Session

Ages: 18yrs and over

Builds on the skills in Level 1 through additional guided practice.

Prerequisite: Exit completion Level 1

● Registration begins: Dec. 30, 2005

Session I (A) Jan. 9, 2006 - Feb. 1, 2006

2021.251	Dunbar	7:30pm-8:00pm	M W
2022.251	Marie Reed	7:30pm-8:00pm	M W
2025.251	Rumsey	7:30pm-8:00pm	M W

Session I (B) Jan. 10, 2006 - Feb. 2, 2006

2026.251	Takoma	7:45pm-8:15pm	Tu Th
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● Registration date: Feb. 3, 2006

Session II (A) Feb. 6, 2006 - Mar. 1, 2006

2028.251	Dunbar	7:30pm-8:00pm	M W
2029.251	Marie Reed	7:30pm-8:00pm	M W
2032.251	Rumsey	7:30pm-8:00pm	M W

Session II (B) Feb. 7 - Mar. 2

2033.251	Takoma	7:45pm-8:15pm	Tu Th
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● Registration date: Mar. 3, 2006

Session III (A) Mar. 6, 2006 - Mar. 29, 2006

2035.251	Dunbar	7:30pm-8:00pm	M W
2036.251	Marie Reed	7:30pm-8:00pm	M W
2039.251	Rumsey	7:30pm-8:00pm	M W

Session III (B) Mar. 7, 2006 - Mar. 30, 2006

2140.251	Takoma	7:45pm-8:15pm	Tu Th
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## Learn to Swim for Adults: Levels 3

Fee: DC Residents: \$30 Non-Residents: \$40

Length: 4-Week Session

Ages: 18yrs and over

Enhances the swimming skills and builds on the skills covered in Level 2 through additional guided practice. Prerequisite: Exit completion of Level 2

● Registration date: Dec. 30, 2005

Session I (A) Jan. 9, 2006 - Feb. 1, 2006

2042.251	Rumsey	8:00pm-8:45pm	M W
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Session I (B) Jan. 10, 2006 - Feb. 2, 2006

2043.251	Takoma	8:15pm-9:00pm	Tu Th
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● Registration date: Feb. 3, 2006

Session II (A) Feb. 6, 2006 - Mar. 1, 2006

2044.251	Rumsey	8:00pm-8:45pm	M W
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Session II (B) Feb. 7, 2006 - Mar. 2, 2006

2045.251	Takoma	8:15pm-9:00pm	Tu Th
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● Registration date: Mar. 3, 2006

Session III (A) Mar. 6, 2006 - Mar. 29, 2006

2046.251	Rumsey	8:15pm-9:00pm	M W
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Session III (B) Mar. 7 - Mar. 30

2047.251	Takoma	8:00pm-8:45pm	M W
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## Learn to Swim for Adults: Levels 4

Fee: DC Residents: \$30 Non-Residents: \$40

Length: 8-Week Session

Ages: 18yrs and over

Enhances the swimming skills and builds on the skills covered in Level 3 through additional guided practice. Prerequisite: Exit completion of Level 3

● Registration date: Dec. 30, 2005

Session I (A) Jan. 14, 2006 - Mar. 4, 2006

2037.251	Rumsey	7:00pm-7:45pm	Fri
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Session I (B) Jan. 14, 2006 - Mar. 4, 2006

2041.251	Takoma	7:00pm-7:45pm	Fri
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## Learn to Swim for Children: Level 1

Fee: DC Residents: None Non-Residents: \$26

Length: 4-Week Session

Ages: 5yrs - 11yrs

Helps students feel comfortable in the water while developing basic swimming and water safety skills.

● Registration date: Dec. 30, 2005

Session I (A) Jan. 9, 2006 - Feb. 1, 2006

2000.200	Dunbar	4:45pm-5:15pm	M W
2001.252	Marie Reed	4:45pm-5:15pm	M W

Session I (B) Jan. 10, 2006 - Feb. 2, 2006

2004.256	Rumsey	4:45pm-5:15pm	Tu Th
2005.257	Takoma	4:45pm-5:15pm	Tu Th

● Registration date: Feb. 3, 2006

Session II (A) Feb. 6, 2006 - Mar. 1, 2006

2007.259	Dunbar	4:45pm-5:15pm	M W
2008.250	Marie Reed	4:45pm-5:15pm	M W

Session II (B) Feb. 7, 2006 - Mar. 2, 2006

2011.254	Rumsey	4:45pm-5:15pm	Tu Th
2012.255	Takoma	4:45pm-5:15pm	Tu Th

● Registration date: Mar. 3, 2006

Session III (A) Mar. 6, 2006 - Mar. 29, 2006

2014.217	Dunbar	4:45pm-5:15pm	M W
2015.218	Marie Reed	4:45pm-5:15pm	M W

Session III (B) Mar. 7, 2006 - Mar. 30, 2006

2018.220	Rumsey	4:45pm-5:15pm	Tu Th
2019.221	Takoma	4:45pm-5:15pm	Tu Th

# AQUATICS

## Learn to Swim for Children: Level 2

Fee: DC Residents: None Non-Residents: \$26

Length: 4-Week Session

Ages: 5yrs to 11yrs

Builds on the skills in Level 2 through additional guided practice.

Prerequisite: Exit completion of Level 1

● Registration date: Dec. 30, 2005

Session I (A) Jan. 9, 2006 - Feb. 1, 2006

2021.253 Dunbar 5:15pm-5:45pm M W

2022.254 Marie Reed 5:15pm-5:45pm M W

Session I (B) Jan. 10, 2006 - Feb. 2, 2006

2025.256 Rumsey 5:15pm-5:45pm Tu Th

2026.257 Takoma 5:15pm-5:45pm Tu Th

● Registration date: Feb. 3, 2006

Session II (A) Feb. 6, 2006 - Mar. 1, 2006

2028.259 Dunbar 5:15pm-5:45pm M W

2029.250 Marie Reed 5:15pm-5:45pm M W

Session II (B) Feb. 7, 2006 - Mar. 2, 2006

2032.253 William 5:15pm-5:45pm Tu Th

2033.254 Takoma 5:15pm-5:45pm Tu Th

● Registration date: Mar. 3, 2006

Session III (A) Mar. 6, 2006 - Mar. 29, 2006

2035.256 Dunbar 5:15pm-5:45pm M W

2036.257 Marie Reed 5:15pm-5:45pm M W

Session III (B) Mar. 7, 2006 - Mar. 30, 2006

2039.250 Rumsey 5:15pm-5:45pm Tu Th

2040.251 Takoma 5:15pm-5:45pm Tu Th



## Learn to Swim for Children: Level 3

Fee: DC Residents: \$30 Non-Residents: \$40

Length: 4-Week Session

Ages: 5yrs to 11yrs

Enhances the swimming skills and builds on the skills covered in Level 2 through additional guided practice. Prerequisite: Exit Skills from Level 2

● Registration date: Dec. 30, 2005

Session I Jan. 10, 2006 - Feb. 2, 2006

2042.253 Rumsey 5:45pm-6:30pm Tu Th

2043.254 Takoma 6:00pm-6:45pm Tu Th

● Registration date: Feb. 3, 2006

Session II Feb. 7, 2006 - Mar. 2, 2006

2044.255 Rumsey 5:45pm-6:30pm Tu Th

2045.256 Takoma 6:00pm-6:45pm Tu Th

● Registration date: Mar. 3, 2006

Session III Mar. 7, 2006 - Mar. 30, 2006

2046.257 Rumsey 5:45pm-6:30pm Tu Th

2047.258 Takoma 6:00pm-6:45pm Tu Th



## Learn to Swim for Children: Level 4

Fee: DC Residents: \$30 Non-Residents: \$40

Length: 4-Week Session

Ages: 5yrs to 11yrs

Enhances the swimming skills and builds on the skills covered in Level 3 through additional guided practice.

Prerequisite: Exit completion of Level 3

● Registration date: December 30, 2005

Session I Jan. 10, 2006 - Feb. 2, 2006

2142.253 Rumsey 5:45pm-6:30pm Tu Th

2143.254 Takoma 6:00pm-6:45pm Tu Th

● Registration date: Feb. 3, 2006

Session II Feb. 7, 2006 - Mar. 2, 2006

2144.255 Rumsey 5:45pm-6:30pm Tu Th

2145.256 Takoma 6:00pm-6:45pm Tu Th

● Registration date: Mar. 3, 2006

Session III Mar. 7, 2006 - Mar. 30, 2006

2146.257 Rumsey 5:45pm-6:30pm Tu Th

2147.258 Takoma 6:00pm-6:45pm Tu Th

# AQUATICS



## Learn to Swim for Children: Level 5

Enhances the swimming skills and builds on the skills covered in Level 4 through additional guided practice. Prerequisite: Exit completion of Level 4.

### ● Registration date: Dec. 30, 2005

Session I Jan. 9, 2006 - Feb. 1, 2006

2121.253	Rumsey	5:00pm-5:45pm	M W
2122.254	Takoma	5:00pm-5:45pm	M W

### ● Registration date: Feb. 3, 2006

Session II Feb. 6, 2006 - Mar. 1, 2006

2128.259	Rumsey	5:00pm-5:45pm	M W
2129.250	Takoma	5:00pm-5:45pm	M W

### ● Registration date: Mar. 3, 2006

Session III Mar. 6, 2006 - Mar. 29, 2006

2135.256	Rumsey	5:00pm-5:45pm	M W
2136.257	Takoma	5:00pm-5:45pm	M W

## Parent and Infant

Fee:DC Residents: \$20 Non-Residents: \$26  
Length: 8 Week Session Ages: 6 mths - 1 yrs and 11 mths  
Build swimming readiness for young children by emphasizing fun in the water. Parent and child will participate in guided practice sessions that help children learn basic skills: bubble blowing, front kicking, back floating, under water exploration and more.

### ● Registration begins Jan. 29, 2006

Session I Feb. 4, 2006 - Mar. 25, 2006

2925.204	William H. Rumsey	9:30am-10:00am	Sa
2926.206	Takoma	9:30am-10:00am	Sa

Fee: DC Residents: \$20 Non-Residents: \$26  
Length: 8 Week Session Ages: 2yrs to 4yrs

### ● Registration date Jan. 29, 2006

Session I Feb. 4, 2006 - Mar. 25, 2006

2932.205	William H. Rumsey	10:00am-10:30am	Sa
2928.207	Takoma	10:00am-10:30am	Sa

Fee: DC Residents: \$20 Non-Residents: \$26  
Length: 8 Weeks Session  
Ages: 6mths to 4yrs

### ● Registration date Jan. 29, 2006

Session II (B)Feb. 8, 2006 - Mar. 29, 2006

2923.217	Dunbar	4:15pm-4:45pm	W
2924.218	Marie Reed	4:15pm-4:45pm	W
2934.220	Takoma	10:00am-10:30am	W

## Youth Learn to Swim - Levels 1

Fee:DC Residents: None Non-Residents: \$26

Length:4 Week Session

Ages: 12yrs to 17yrs

Helps students feel comfortable in the water and enjoy the water safely.

### ● Registration date: Dec. 30, 2005

Session I (A) Jan. 9, 2006 - Feb. 1, 2006

2200.249	Dunbar	5:45pm-6:15pm	M W
2201.250	Marie Reed	5:45pm-6:15pm	M W
2204.254	Rumsey	5:45pm-6:15pm	M W
2205.255	Takoma	5:45pm-6:15pm	M W

### ● Registration date: Feb. 3, 2006

Session II (A) Feb. 6, 2006 - Mar. 1, 2006

2207.257	Dunbar	5:45pm-6:15pm	M W
2208.258	Marie Reed	5:45pm-6:15pm	M W
2211.262	Rumsey	5:45pm-6:15pm	M W
2212.263	Takoma	5:45pm-6:15pm	M W

### ● Registration date: Mar. 3, 2006

Session III (A) Mar. 6, 2006 - Mar. 29, 2006

2214.265	Dunbar	5:45pm-6:15pm	M W
2215.266	Marie Reed	5:45pm-6:15pm	M W
2218.268	Rumsey	5:45pm-6:15pm	M W
2219.269	Takoma	5:45pm-6:15pm	M W





# AQUATICS



## Youth Learn to Swim Levels 2

Fee: DC Residents: None Non-Residents: \$26

Length: 4 Week Session

Ages: 12yrs - 17yrs and 11 months

Builds on the skills in Level 1 through additional guided practice.

Prerequisite: Exit completion of Level 1

● Registration date: Dec. 30, 2005

Session I Jan. 9, 2006 - Feb. 1, 2006

2221.271	Dunbar	6:15pm-6:45pm	M W
2222.272	Marie Reed	6:15pm-6:45pm	M W
2225.274	Rumsey	6:15pm-6:45pm	M W
2226.275	Takoma	6:15pm-6:45pm	M W

● Registration date: Feb. 3, 2006

Session II Feb. 6, 2006 - Mar. 1, 2006

2228.277	Dunbar	6:15pm-6:45pm	M W
2229.278	Marie Reed	6:15pm-6:45pm	M W
2232.280	Rumsey	6:15pm-6:45pm	M W
2233.281	Takoma	6:15pm-6:45pm	M W

● Registration date: Mar. 3, 2006

Session III Mar. 6, 2006 - Mar. 29, 2006

2235.283	Dunbar	6:15pm-6:45pm	M W
2236.284	Marie Reed	6:15pm-6:45pm	M W
2239.286	Rumsey	6:15pm-6:45pm	M W
2240.287	Takoma	6:15pm-6:45pm	M W

## Learn to Swim for Youth: Level 3

Fee: DC Residents: \$30 Non-Residents: \$40

Length: 4-Week Session

Ages: 12yrs - 17yrs and 11 months

Enhances the swimming skills and builds on the skills covered in Level 2 through additional guided practice. Prerequisite: Exit completion of Level 2

● Registration date: Dec. 30, 2005

Session I Jan. 9, 2006 - Feb. 1, 2006

2200.200	Dunbar	5:45pm-6:30pm	M W
2201.252	Marie Reed	5:45pm-6:30pm	M W
2200.255	Rumsey	4:45pm-5:30pm	M W
2201.255	Takoma	4:45pm-5:30pm	M W

● Registration date: Feb. 3, 2006

Session II Feb. 6, 2006 - Mar. 1, 2006

2207.259	Dunbar	5:45pm-6:30pm	M W
2208.250	Marie Reed	5:45pm-6:30pm	M W
2209.251	Rumsey	4:45pm-5:30pm	M W
2210.252	Takoma	4:45pm-5:30pm	M W

● Registration date: Mar. 3, 2006

Session III Mar. 6, 2006 - Mar. 29, 2006

2214.217	Dunbar	5:45pm-6:30pm	M W
2215.218	Marie Reed	5:45pm-6:30pm	M W
2216.219	Rumsey	4:45pm-5:30pm	M W
2217.220	Takoma	4:45pm-5:30pm	M W



## Learn to Swim for Youth: Levels 4

Fee: DC Residents: \$30 Non-Residents: \$40

Length: 8-Week Session

Ages: 12yrs to 17yrs

Enhances the swimming skills and builds on the skills covered in Level 3 through additional guided practice.

Prerequisite: Exit completion of Level 3

● Registration date: Dec. 30, 2005

Session I (A) Jan. 14, 2006 - Mar. 4, 2006

2237.251	Rumsey	6:00pm-6:45pm	F
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Session I (B) Jan. 14, 2006 - Mar. 4, 2006

2241.251	Takoma	6:00pm-6:45pm	F
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# AQUATICS

## American Red Cross Certification Courses

### Lifeguard Training

Fee: DC Residents: \$125 Non-Residents: \$125

Length: 6 Weeks Session

Ages: 15 and over

Provides an opportunity to participate in the American Red Cross Lifesaving Certification Program. Students will learn rescue skills, first aid training, lifeguard duties and surveillance. Prerequisite: Exit completion of level 5

Session I	Jan. 10, 2006 - Feb. 16, 2006		
2523.206	Takoma	5:30pm-8:30pm	Tu Th
2523.205	Rumsey	5:30am-8:30pm	Tu Th

Session II	Mar. 1, 2006 - Apr. 6, 2006		
2513.204	Takoma	5:30pm-8:30pm	Tu Th
2513.205	Rumsey	5:30am-8:30pm	Tu Th

Session III	Apr. 11, 2006 - May 11, 2006		
2533.204	Takoma	5:30pm-8:30pm	Tu Th
2533.205	Rumsey	5:30am-8:30pm	Tu Th



### Masters Swim Team Training

Fee: DC Residents: \$143 Non-Residents: \$193

Jan. 2, 2006-Mar. 2, 2006

Ages: 18yrs and over

Advanced level swimmers participate in local and national swim meets and competitions (affiliated with USA Swimming)

Prerequisite: Exit completion of level 5

2516.200	Takoma Pool	7:00pm-8:30pm	M Tu Th
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### Shallow Water

Fee: DC Residents: \$25 Non-Residents: \$50

Length: 4-Week Session

Ages: 18yrs and over

Adults have fun and get fit! Set your own pace and intensity while doing aerobics exercise in shallow water. This class will leave you feeling energized.

Registration date: Dec. 30, 2005

● Registration begins: Dec. 18, 2005

Session I	Jan. 3, 2006 - Feb. 23, 2006		
2518.234	Rumsey	6:30pm-7:30pm	Tu Th

Session I	Jan. 11, 2006 - Feb. 3, 2006		
2521.271	Takoma	7:00pm-7:45pm	W F

● Registration begins: Feb. 3, 2006

Session II	Feb. 8, 2006 - Mar. 3, 2006		
2521.273	Takoma	7:00pm-7:45pm	W F

● Registration date: Feb. 24, 2005

Session II	Feb. 28, 2006 - Apr. 20, 2006		
2518.235	Rumsey	6:30am-7:30pm	Tu Th

● Registration date: Mar. 3, 2006

Session III	Mar. 8, 2006 - Mar. 31, 2006		
2521.221	Takoma	7:00pm-7:45pm	W F

For Water Safety Instructor, Additional Lifeguard Training and SCUBA diving classes, and Springboard Diving program please contact the Aquatics Office at (202) 282 0720 or (202) 282 0793.

Note: For Water Safety Instructor and Lifeguard positions call (202) 282 0720.



# FITNESS AND EXERCISE

## Aerobics

Fee: DC Residents: \$65 Non-Residents: \$80  
 12 Week Session  
 Jan. 3, 2006 - Mar. 23, 2006  
 Ages: 18yrs and over  
 Burn calories, tone muscles and increase stamina with traditional aerobic exercises.

4700.205	Brentwood	6:30pm-7:30pm	Tu Th
4700.213	Emery	6:30pm-7:30pm	M W
4700.224	Hillcrest	10:00am-11:00am	M Tu Th
4700.216	King	7:00pm-8:00pm	M W
4700.221	Takoma	6:30pm-7:30pm	M W
4711.227	Hardy	6:30pm-8:45 pm	Tu Th
4700.217	Hillcrest	7:00pm-8:00pm	M W

## Boxercise

Fee: None  
 12 Week Session  
 Jan. 3, 2006 - Mar. 24, 2006  
 Ages: 18yrs and over  
 Keep healthy by learning and enjoying cardiovascular exercises with a different spin.

4601.201	Fort Davis	4:00pm-6:00pm	M Tu W Th F
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## "Move It": Exercise through Dance Movement

Fee: DC Residents: \$60 Non-Residents: \$65  
 10 Week Session  
 Jan. 9, 2006 - Mar. 6, 2006  
 Ages: 18yrs and over  
 Stretch, strengthen and tone muscles through dance exercise.

4520.291	Guy Mason	7:15pm- 8:15pm	M
4520.292	Guy Mason	9:30am-10:30am	W
4520.293	Guy Mason	7:15pm-8:15pm	W

## "On the Ball" Boot Camp

Fee: DC Residents: \$60 Non-Residents: \$65  
 12 Week Session  
 Jan. 5, 2006 - Mar. 23, 2006  
 Ages: 21 and over  
 Get a great full body workout that offers upper and lower body toning combined with cardiovascular segments. Boot Camp is tailored for all fitness levels.

4500.266	North Michigan Park	7:00pm-7:45pm	Tu Th
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## Pilates: Advance

Fee: DC Residents: \$120 Non-Residents: \$130  
 8 Week Session  
 Jan. 3, 2006 - Feb. 25, 2006  
 Ages: 18yrs and over  
 Gain flexibility, balance, muscular strength and relaxation through movement and breathing exercises. Build abdominal and core strength while elongating your muscles in this fitness class.

4513.224	Guy Mason	7:30pm-8:30pm	Sa
4714.201	Takoma	10:00am-11:00am	W

## Pilates Beginners

Fee: DC Residents: \$120 Non-Residents: \$130  
 8 Week Session  
 Jan. 11, 2006 - Mar. 1, 2006  
 Ages: 18 yrs and over  
 Learn how to condition your body by doing exercises that provide a connection between the body and the mind..

4526.223	Chevy Chase CC	9:00am-10:00am	W
4528.222	Guy Mason	7:30pm-8:30pm	W
4262.202	Takoma	6:30pm-7:30pm	Tu Th



## Pilates: Intermediate

Fee: DC Residents: \$120 Non-Residents: \$130  
 8 Week Session  
 Jan. 9, 2006 - Feb. 27, 2006  
 Ages: 18 yrs and over  
 Ready to move to the next level? An intermediate class for adults who are interested in more intensive body conditioning and exercise.

4526.202	Chevy Chase CC	8:00pm-9:00pm	M
4513.225	Guy Mason	6:30pm-7:30pm	W

## Pilates: Intermediate II

Fee: DC Residents: \$120 Non-Residents: \$130  
 8 Week Session  
 Jan. 10, 2006 - Feb. 28, 2006  
 Ages: 18yrs and over  
 This level provides an even more intense approach to body conditioning and exercise.

4513.223	Guy Mason	6:30pm-7:30pm	Tu
4526.221	Chevy Chase CC	7:00pm-8:00pm	M

## Qi Gong

Fee:DC Residents: \$80 Non-Residents: \$85  
 8 Week Session  
 Jan. 10, 2006 - Feb. 28, 2006  
 Ages: 18yrs and over  
 Relieve stress and back pain while increasing flexibility and energy with this ancient Chinese exercise system. Learn breathing techniques, visualization and graceful gentle movements that are fun and relaxing.

4532.203	Chevy Chase CC	9:00am-10:00am	Tu F
4532.256	Chevy Chase CC	10:00am-11:00am	Tu F
4531.201	Guy Mason	10:00am-11:00am	Th

# FITNESS AND EXERCISE



## Strength and Tone: Senior Momentum

Fee: DC Residents: \$60 Non-Residents: \$65  
8 Week Session  
Jan. 11, 2006 - March 1, 2006  
Ages: 50yrs and over

4540.205	Chevy Chase CC	11:15am-12:15pm	Tu
4515.202	Guy Mason	11:15am-12:15pm	W
4515.222	Guy Mason	11:15am-12:15pm	F

## Weight Room

11 Week Session  
Jan. 9, 2006 - Mar. 24, 2006  
Ages: 18yrs and over  
Work out independently using exercise equipment such as the treadmill, elliptical, cycles/bikes and weights.  
Fee Chart:

	Individuals		Family (per person)		Seniors (55 & over)	
	DC.Res:	Non-Res:	DC.Res:	Non-Res:	DC.Res:	Non-Res:
Daily:	\$5	\$7	\$4	\$6	\$3	\$5
Monthly:	\$25	\$32	\$16	\$23	\$12	\$19
3 Months:	\$60	\$75	\$40	\$55	\$30	\$45
Yearly:	\$125	\$150	\$100	\$125	\$75	\$100

\* All District Government employees receive a 50% discount off a yearly membership (\$62.50)

\* Saturday hours vary. Please call your local recreation center for hours of operation.

2500.506	Anacostia Fitness	9:00am- 9:00pm	M Tu W Th F Sa
2500.507	Emery	10:00am-8:30pm	M Tu W Th F Sa
2500.508	Hillcrest	10:00am-8:30pm	M Tu W Th F Sa
2500.509	Kennedy	10:00am-8:30pm	M Tu W Th F Sa
2500.510	King Greenleaf	10:00am-8:30pm	M Tu W Th F Sa
2500.514	North Michigan Park	10:00am-8:30pm	M Tu W Th F Sa
2500.512	Sherwood	10:00am-8:30pm	M Tu W Th F Sa
2500.513	Takoma	6:00pm-8:30pm	M Sa

## Yoga

Gain flexibility, balance, muscular strength and relaxation through movement and breathing exercises. Experience how yoga can relax your mind and enhance your concentration.

Fee: DC Residents: \$65 Non-Residents: \$90  
11 Week Session  
Jan. 10, 2006 - Mar. 25, 2006  
Ages: 18yrs and over

4262.201	Takoma	6:30pm-7:30pm	Tu
4562.203	Brentwood	7:30pm-8:30pm	Th
4700.214	Takoma	7:30pm-8:30pm	Tu

Fee: DC Residents: \$65 Non-Residents: \$90  
11 Week Session  
Jan. 10, 2006 - Mar. 25, 2006  
Ages: 16yrs and over

4401.252	Emery	6:30pm-7:30pm	Tu
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Fee: DC Residents: \$60 Non-Residents: \$65  
8 Week Session  
Jan. 10, 2006 - Feb. 28, 2006  
Ages: 18yrs and over

4549.201	Guy Mason	9:15am-10:45am	Tu
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Fee: DC Residents: \$80 Non-Residents: \$85  
8 Week Session  
Jan. 13, 2006 - March 3, 2006  
Ages: 18yrs and over

4510.220	Guy Mason	9:15am-10:45am	Tu
4510.222	Guy Mason	9:15am-10:45am	F

Fee: DC Residents: \$80 Non-Residents: \$85  
8 Week Session  
Jan. 12, 2006 - Mar. 2, 2006  
Ages: 18yrs and over

4550.200	Chevy Chase CC	7:00pm-8:00pm	Th
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Fee: DC Residents: \$45 Non-Residents: \$60  
11 Week Session  
Jan. 9, 2006 - Mar. 25, 2006  
Ages: 18yrs and over

4570.201	Hillcrest	6:00pm-7:00pm	M W
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Fee: None  
12 Week Session  
Jan. 4, 2006 - Mar. 22, 2006  
Ages: 18yrs and over

4600.206	Sherwood	6:30pm-8:00pm	W
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# SPORTS

## Badminton Clinic

Fee: None

11 week session

Jan. 5, 2006 - Mar. 16, 2006

Ages: 6yrs and over

Badminton is one of the world's fastest Olympic racket sports.

All ages enjoy the social aspects of play as well as the fantastic health benefits of a great cardiovascular workout, speed, endurance, and agility training.

7000.200	Kennedy	4:30pm-5:30pm	Th
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## Basketball: Adults

12 Week Session

Jan. 6, 2006 - Mar. 25, 2006

Ages: 18yrs and over

Drop-in and shoot a few hoops.

7422.201	Taft	6:00pm-8:30pm	F
7721.256	Hine	6:30pm-8:45pm	M

## Basketball: Boys

Learn the fundamentals of organized basketball including skill development, rules and regulations and sportsmanship through competitive team play and practices.

Jan. 3, 2006 - Mar. 25, 2006

## Tiny

Ages: 5yrs to 6yrs

7029.233	Lafayette	5:00pm-6:30pm	W
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## Pee Wee

Ages: 6yrs to 8yrs

7029.253	Barry Farm	5:00pm-7:00pm	M Tu W Th F
7521.289	Benning Stoddert	5:30pm-7:00pm	M W
7551.289	Brentwood	5:00pm-7:00pm	Tu W Th
7632.104	Edgewood	5:00pm-8:45pm	M Tu W Th F
7014.201	Fort Davis	6:00pm-9:00pm	M W F
7227.221	Fort Lincoln	5:00pm-7:00pm	M Tu W Th F
7029.238	Hardy	4:15am-5:15pm	Th
7029.207	Harry Thomas, Sr	5:00pm-7:00pm	M Tu W Th F
7014.206	Hillcrest	5: 00pm-7:00pm	M Tu W Th F
7029.211	Kalorama	5:00pm-7:00pm	M Tu W TH F
7032.201	Kennedy	5:30pm-8:00pm	M Tu Th
7029.223	King Greenleaf	5:00pm-7:00pm	M Tu W TH F
7029.234	Lafayette	4:00pm-6:30pm	F
7322.201	Langdon	6:30pm-8:00pm	Th
7522.202	North Michigan Park	4:00pm-5:00pm	Tu
7021.281	Payne	6:30pm-8:00pm	Th
7029.239	Parkview	6:00pm-8:00pm	Tu Th
7024.203	Raymond	5:00pm-7:00pm	M Tu W TH F
7021.201	Ridge	5:00pm-7:00pm	M Tu W TH F
7521.281	Rosedale	4:30pm-8:00pm	M Tu W Th
7029.225	Rudoph	5:00pm-7:00pm	Tu Th
7214.233	Sherwood	5:00pm-7:00pm	M Tu W TH F
7422.221	Taft	5:00pm-9:00pm	M Th F
7017.201	Upshur	5:00pm-7:00pm	M Tu W TH F
7024.201	Watkins	5:00pm-7:00pm	M Tu W TH F

## Pony

Ages: 9yrs to 10yrs

7029.254	Barry Farm	5:00pm-7:00pm	M Tu W Th F
7021.215	Benning Park	5:00pm-7:00pm	M Tu W Th F
7521.279	Benning Stoddert	5:00pm-8:00pm	M Tu W Th F
7551.290	Brentwood	5:00pm- 7:00pm	Tu W Th
7025.210	Douglas	5:00pm-7:00pm	M Tu W Th F
7632.203	Edgewood	5:00pm-8:45pm	M Tu W Th F
7030.201	Ferebee Hope	5:00pm-7:00pm	M Tu W Th F
7014.202	Fort Davis	6:00pm-9:00pm	M W F
7227.222	Fort Lincoln	5:00pm-7:00pm	M Tu W Th F
7902.201	Fort Stevens	5:00pm-6:00pm	M Th
7878.221	Harrison	5:00pm-7:00pm	M Tu W Th F
7903.241	Hamilton	5:00pm-7:00pm	M Tu W TH F
7014.207	Hillcrest	5:00pm-7:00pm	M Tu W Th F
7425.292	Harry Thomas, Sr.	5:00pm-6:30pm	M Tu W Th
7041.201	Hart	5:00pm-7:00pm	M Tu W Th F
7029.212	Kalorama	5:00pm-7:00pm	M Tu W Th F
7133.207	Kenilworth Parkside	5:00pm-8:30pm	M Tu W F
7229.211	Kennedy	5:30pm-8:00pm	M Tu Th F
7029.224	King Greenleaf	5:00pm-7:00pm	M Tu W Th F
7878.221	Lafayette	10:00am-1:30pm	Sa
7522.203	North Michigan Park	4:00pm-5:00pm	Tu
7029.258	Payne	5:00pm-7:00pm	M Tu W Th F
7029.240	Parkview	6:00pm-8:00pm	Tu Th
7024.204	Raymond	5:00pm-7:00pm	M Tu W Th F
7021.202	Ridge	5:00pm-7:00pm	M Tu W Th F
7521.282	Rosedale	4:30pm-8:00pm	M Tu W Th
7029.226	Rudolph	6:30pm-8:00pm	Tu Th
7214.212	Sherwood	4:30pm-8:00pm	M Tu W Th
7422.222	Taft	5:00pm-9:00pm	M Th F
7029.217	Takoma	5:00pm-6:00pm	Tu Th
7064.201	Turkey Thicket	5:00pm-7:00pm	M Tu W Th F
7017.202	Upshur	5:00pm-7:00pm	M Tu W Th F
7024.202	Watkins	5:00pm-7:00pm	M Tu W Th F



# SPORTS



## Boys Basketball, continued

### Juniors

Ages: 11 yrs to 12yrs

7021.220	Benning Park	5:00pm-7:00pm	M Tu W Th F
7521.269	Benning Stoddert	5:30pm-7:00pm	M Tu W Th F
7551.291	Brentwood	5:00pm-7:00pm	Tu W Th
7011.201	Chevy Chase	5:00pm-7:00pm	Tu Th
7025.211	Douglas	5:00pm-7:00pm	M Tu W Th F
7632.201	Edgewood	5:00pm-8:45pm	M Tu W Th F Sa
7027.201	Emery	5:00pm-7:00pm	M Tu W Th F
7030.202	Ferebee Hope	5:00pm-7:00pm	M Tu W Th F
7014.203	Fort Davis	6:00pm-9:00pm	M W F
7029.206	Fort Lincoln	5:00pm-7:00pm	M Tu W Th
7425.293	Harry Thomas, Sr.	5:30pm-7:30pm	Tu W F
7014.208	Hillcrest	5:00pm-7:00pm	M Tu W Th F
7053.202	Joseph H. Cole	5:00pm-7:00pm	M Tu W Th F
7029.213	Kalorama	5:00pm-7:00pm	M Tu W Th F
7133.217	Kenilworth	5:00pm-8:30pm	M Tu W F
7229.212	Kennedy	5:30pm-8:00pm	M Tu Th
7029.250	King Greenleaf	5:00pm-7:00pm	M Tu W Th F
7029.236	Lafayette	4:30pm-5:30pm	Th
7878.224	Lamond	5:00pm-7:00pm	MTu W ThF
7029.261	Langdon Park	5:00pm-7:00pm	MTu WTHF
7522.201	North Michigan Park	4:00pm-5:00pm	Tu
7029.241	Parkview	6:00pm-8:00pm	Tu Th
7029.259	Payne	5:00pm-7:00pm	M Tu W Th F
7085.207	Petworth	5:00pm-6:30pm	M W
7024.205	Raymond	5:00pm-7:00pm	M Tu W Th F
7021.203	Ridge	5:00pm-7:00pm	Tu W Th F
7907.201	Riggs LaSalle	6:30pm-8:00pm	M W F
7521.283	Rosedale	4:30pm-8:00pm	MTu W Th
7029.227	Rudolph	5:00pm-7:00pm	Tu Th
7230.221	Savoy	5:00pm-7:00pm	M Tu W Th F
7214.222	Sherwood	4:30pm-8:00pm	M Tu W Th
7422.223	Taft	5:00pm-9:00pm	M Th F
7029.218	Takoma	6:00pm-7:00pm	Tu Th
7064.202	Turkey Thicket	5:00pm-7:00pm	M Tu W Th F
7017.203	Upshur	5:00pm-7:00pm	M Tu W Th F
7024.210	Watkins	5:00pm-7:00pm	M Tu W Th F

### Intermediate

Ages: 13yrs to 15yrs

7029.255	Barry Farm	5:00pm-7:00pm	M Tu W Th F
7521.259	Benning Stoddert	5:30pm-7:00pm	M Tu W Th F
7021.221	Benning Park	5:00pm-7:00pm	M Tu W Th F
7551.292	Brentwood	5:00pm-7:00pm	Tu W Th
7632.202	Edgewood	5:00pm-8:45pm	M Tu W Th F Sa
7027.202	Emery	5:00pm-6:00pm	W F
7030.203	Ferebee Hope	5:00pm-7:00pm	M Tu W Th F
7014.204	Fort Davis	6:00pm-9:00pm	M W F
7227.224	Fort Lincoln	5:00pm-7:00pm	M Tu W Th F
7029.257	Harrison	5:00pm-7:00pm	M Tu W Th F
7425.291	Harry Thomas, Sr.	6:00pm-7:30pm	Tu W F
7041.203	Hart	5:00pm-7:00pm	M Tu W Th F
7903.242	Hamilton	5:00pm-6:30pm	F
7014.209	Hillcrest	5:00pm-7:00pm	M Tu W Th F
7053.203	Joseph H. Cole	5:00pm-7:00pm	M Tu W Th F
7060.201	Kalorama	5:00pm-7:00pm	Th F
7133.218	Kenilworth-Parkside	5:00pm-8:30pm	M Tu W F
7229.213	Kennedy	5:30pm-8:00pm	M Tu Th
7029.251	King Greenleaf	5:00pm-7:00pm	M Tu W Th F
7029.237	Lafayette	5:30pm-7:00pm	Th
7029.210	Lamond	5:00pm-7:00pm	M Tu W Th F
7029.262	Langdon Park	5:00pm-7:00pm	M Tu W Th F
7522.202	North Michigan Park	4:00pm-5:00pm	Tu
7029.243	Parkview	6:00pm-8:00pm	Tu Th
7085.208	Petworth	5:00pm-6:30pm	M W
7024.206	Raymond	5:00pm-7:00pm	M Tu W Th F
7907.202	Riggs LaSalle	6:30pm-8:00pm	M W F
7521.284	Rosedale	4:30pm-8:00pm	M Tu W Th
7029.266	Rudolph	7:00pm-9:00pm	M W
7230.222	Savoy	5:00pm-7:00pm	M Tu W Th
7214.232	Sherwood	4:30pm-8:00pm	M Tu W Th
7422.224	Taft	5:00pm-9:00pm	M Th F
7017.204	Upshur	6:30pm-7:30pm	M Th
7024.211	Watkins	5:00pm-7:00pm	M Tu W Th F
7133.220	Watts	5:00pm-7:00pm	M Tu W Th F

### Senior

Ages: 16yrs to 18yrs

7029.264	Barry Farms	5:00pm-7:00pm	M Tu W Th F
7021.222	Benning Park	5:00pm-7:00pm	M Tu W Th F
7025.212	Douglas	5:00pm-7:00pm	M Tu W Th F
7014.205	Fort Davis	6:00pm-9:00pm	M W F
7029.208	Harry Thomas	5:00pm-7:00pm	M Tu W Th F
7041.204	Hart	5:00pm-7:00pm	M Tu W Th F
7014.220	Hillcrest	5:00pm-7:00pm	M Tu W Th F
7229.214	Kennedy	5:30pm-8:00pm	M Tu Th
7029.252	King Greenleaf	5:00pm-7:00pm	M Tu W Th F
7029.263	Langdon Park	5:00pm-7:00pm	M Tu W Th F
7522.202	North Michigan Park	4:00pm-5:00pm	Tu
7029.244	Parkview	6:00pm-8:00pm	Tu Th
7029.265	Rudolph	5:00pm-7:00pm	M Tu W Th F
7422.225	Taft	5:00pm-9:00pm	M Th F



# SPORTS

## Basketball: Co-ed

Jan. 3, 2006 - Mar. 25, 2006

Ages: 6yrs to 15yrs

Teams in three age groups learn organized basketball skills, rules, and sportsmanship through competitive team play and practices.

7029.204	Fort Lincoln	5:00pm-7:00pm	F Sa
7029.228	Rudolph	5:00pm-8:00pm	M W Th
7029.232	Watkins	5:00pm-9:00pm	M Tu W Th

## Basketball: Girls

Jan. 11, 2006 - Mar. 22, 2006

Learn dribbling, shooting skills, rules of the game and sportsmanship.

## Tiny

Ages: 6yrs to 9yrs

7322.212	Langdon	6:30pm-8:00pm	W
7322.221	Langdon	6:30pm-8:00pm	Th
7029.229	Rudolph	5:00pm-6:00pm	Tu Th

## Pony

Ages: 9yrs to 10yrs

7903.243	Hamilton	5:00pm-7:00pm	M Tu W Th F
7029.209	Harry Thomas Sr.	5:00pm-7:00pm	M Tu W Th F
7721.253	Hine	6:30pm-8:45pm	Th
7029.214	Kalorama	5:00pm-7:00pm	M Tu W Th F
7322.211	Langdon	6:30pm-8:00pm	W
7029.229	Rudolph	5:00pm-6:00pm	Tu Th
7029.219	Takoma	5:00pm-7:00pm	M Tu W Th F

## Junior

Jan. 3, 2006 - Mar. 24, 2006

Ages: 11yrs to 12yrs

7521.270	Benning Stoddert	7:00pm-9:00pm	Th
7029.220	Harry Thomas Sr.	5:00pm-7:00pm	M Tu W Th F
7721.254	Hine	6:30pm-8:45pm	Th
7029.215	Kalorama	5:00pm-7:00pm	M Tu W Th F
7021.204	Ridge	5:00pm-7:00pm	M Tu W Th F
7029.231	Rudolph	5:00pm-6:00pm	Tu Th
7017.205	Upshur	5:00pm-7:00pm	M Tu W TH F

## Intermediate

Ages: 13yrs to 15yrs

7521.260	Benning Stoddert	5:00pm-8:00pm	M F
7027.203	Emery	5:00pm-7:00pm	M Tu W Th F
7903.244	Hamilton	5:00pm-7:00pm	M Tu W Th F
7721.255	Hine	6:30pm-8:45pm	Th
7029.230	Rudolph	5:00pm-6:00pm	Tu Th
7422.226	Taft	5:00pm-7:00pm	W
7017.206	Upshur	5:00pm-7:00pm	M Tu W Th F

## Basketball

11 Week Session

Jan. 11, 2006 - Mar. 25, 2006

Ages: 6 yrs & over

Have a "ball" playing the game in an atmosphere of spirited competition.

7229.215	Kennedy	6:00pm-8:00pm	W (Wheelchair)
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## Bowling

Fee: \$1 per game

12 Week Session

Jan. 3, 2006 - Mar. 25, 2006

Ages: 7yrs to 15yrs

Join in the fun and get great exercise learning how to bowl, handle the ball correctly and record scoring.

7056.206	Payne	10:00am-2:00pm	Tu Sa
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## Boxing

12 Week Session

Jan. 3, 2006 - Mar. 24, 2006

Ages: 8yrs and over

Male and female enthusiasts can train in Olympic-style boxing, learning defensive skills, footwork, hand techniques and hand eye coordination.

4511.203	Joseph H. Cole	4:00pm-6:30pm	Tu W Th
7047.201	Bald Eagle	5:00pm-9:00pm	M Tu W Th F
7025.201	Benning Park	5:30pm-9:00pm	M Th F
7026.201	Langdon Park	6:00pm-9:00pm	M Tu W Th F
7100.221	Taft	5:00pm-8:30pm	M Tu W Th F

## Cheerleading

12 Week Session

Jan. 3, 2006 - Mar. 25, 2006

Ages: 5yrs to 18yrs

Learn team building exercises, sportsmanship and team play. Curriculum includes body movement, dexterity development and the coordination. Routines are showcased at regional and citywide competitions and events.

7044.202	Chevy Chase PG	4:30pm-7:30pm	F
7037.201	Harrison	4:00pm-6:00pm	M W
7173.201	Hine	6:00pm-8:00pm	Tu Th
7038.201	Kenilworth Parkside	5:00pm-6:30pm	Tu Th
7034.202	Langdon	5:00pm-6:30pm	Tu Th
7043.201	Marie Reed	4:00pm-6:00pm	Tu Th
7420.201	Payne	5:00pm-6:30pm	M Tu Th F
7035.205	Petworth	5:00pm-6:30pm	Tu Th
7460.201	Raymond	5:30pm-8:00pm	Tu Th
7000.235	Harry Thomas Sr.	5:30pm-7:00pm	Tu Th Sa

# SPORTS

## Double Dutch

12 Week Session

Jan. 3, 2006 - Mar. 25, 2006

Ages: 6yrs to 12yrs

Learn and perform basic exercises needed for competitive Double Dutch jump rope including how to enter the rope, do stunts, compulsory exercises, speed jumping and freestyle exercises.

7049.201	Kennedy	5:00pm-7:00pm	M Tu W
7062.203	Takoma	6:00pm-7:30pm	M W

## Drill Team Practice

11 Week Session

Jan. 9, 2006 - Mar. 20, 2006

Ages: 7yrs to 15yrs

Enjoy learning skills and performing in parades and special events.

4632.200	Hine	6:00pm-8:00pm	M
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## Fencing Foil

Fee: DC Residents: \$100

Non-Residents: \$110

12 Week Session

Feb. 1, 2006 - April 19, 2006

Ages: 13 years and older

Learn the art of using the sword. Basic foil equipment is provided.

7634.200	Chevy Chase CC	5:30pm-6:30pm	W
7634.202	Chevy Chase CC	6:30pm-7:30pm	W (Intermediate)
7079.201	Chevy Chase CC	5:30pm-6:30pm	Tu

## Fencing: Junior Epee

Fee: DC Residents: \$100

Non-Residents: \$110

12 Week Session

Feb. 4, 2006 - Apr. 22, 2006

NOTE: Dates are beyond season

Ages: 8yrs to 14yrs

7080.201	Chevy Chase CC	11:00am-12:00pm	Sa (Beginner)
7080.200	Chevy Chase CC	1:00pm-2:00pm	Sa
7080.202	Chevy Chase CC	12:00pm-1:00pm	Sa

## Fencing Club

Fee: DC Residents: \$100

Non-Residents: \$110

12 Week Session

Jan. 31, 2006 - Apr. 22, 2006

Ages: 15yrs and over

Practice and improve fencing skills in Foil, Epee, and Saber. Private lessons are available; full uniform is required. Saturday classes are held from 2:00pm to 3:30pm.

7080.204	Chevy Chase CC	6:30pm-7:30pm	Tu Sa
7634.203	Chevy Chase CC	7:30pm-9:30pm	Tu W Th Sa
7634.201	Chevy Chase CC	5:30pm-6:30pm	Tu (Wheelchair)

## Fort Lincoln Franchise: Fantasy League

12 Week Session

Sept - Feb.

Ages: 19yrs and over

Sports Fantasy League

7133.256	Fort Lincoln	7:00pm-9:00pm	F
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## Gymnastics

Fee: DC Residents: \$80

Non-Residents: \$85

8 Week Session

Jan. 14, 2006 - Mar. 4, 2006

Ages: 7yrs to 12yrs

Learn gymnastic skills including mat work, balance beam, uneven bars, and introduction to the trampoline.

4501.206	Chevy Chase	11:00am-12:00pm	Sa
4501.207	Chevy Chase	10:00am-11:00am	Sa
4501.208	Chevy Chase	9:15am-10:00am	Sa
4501.209	Chevy Chase	11:00am-12:00pm	Th
4501.211	Chevy Chase	4:30pm-5:30pm	Tu
4501.203	Chevy Chase	5:15pm-6:15pm	M
2011.203	Chevy Chase CC	3:30pm-4:15am	M
2012.203	Chevy Chase CC	3:45pm-4:30pm	Tu

## Indoor Soccer: Tiny

11 Week Session

Jan. 9, 2006 - Mar. 20, 2006

Ages: 5yrs to 6yrs

Children have fun learning fundamentals of the game.

7878.201	Lafayette	5:00pm-6:30pm	M
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## Indoor Soccer: Co-ed

12 Week Session

Jan. 3, 2006 - Mar. 23, 2006

Ages: 9yrs to 10yrs

Learn basic techniques, good sportsmanship, teamwork, and competitive gamesmanship.

7078.226	Harrison	4:30pm-6:00pm	Tu Th
7078.228	Stead	5:00pm-6:00pm	Tu Th



# SPORTS

## Indoor Soccer

12 Week Session

Jan. 3, 2006 - Mar. 23, 2006

Ages: 6yrs to 15yrs

Learn the fundamentals and techniques of the game in a fun and organized environment.

7078.211	Bald Eagle	5:00pm-6:30pm	Tu Th
7078.209	Benning Park	5:00pm-6:30pm	Tu Th
7078.239	Benning Stoddert	4:00pm-5:30pm	F
7552.226	Brentwood	5:00pm-7:00pm	Tu Th
7078.221	Chevy Chase PG	4:00pm-6:00pm	M Tu
7078.231	Edgewood	4:00pm-6:00pm	Tu Th
7194.211	Emery	5:30pm-7:30pm	Tu Th
7561.205	Ferebee Hope	4:45pm-6:00pm	M W
7078.210	Fort Stanton	5:00pm-6:30pm	Tu Th
7000.244	Harry Thomas, Sr.	5:00pm-6:00pm	M Tu W
7094.205	Hine	6:00pm-7:00pm	W
7631.203	Joseph H. Cole	4:15pm-5:30pm	M W
7078.203	Kenilworth Parkside	4:30pm-6:30pm	Tu Th
7878.202	Lafayette	4:30pm-7:00pm	Tu
7078.214	Langdon	5:30pm-7:00pm	F
7078.227	Marie Reed	4:30pm-5:30pm	Tu Th
7078.218	North Michigan Park	4:30pm-6:00pm	M
7078.219	Payne	5:00pm-6:00pm	F
7078.200	Ridge Road	5:00pm-6:30pm	Tu Th
7078.204	Savoy	5:00pm-6:30pm	Tu Th
7078.213	Sherwood	5:00pm-7:00pm	M W
7653.203	Watkins	5:00pm-7:00pm	M W F

## Jujitsu

Fee: None

12 Week Session

Jan. 5, 2006 - Mar. 23, 2006

Ages: 18yrs and over

Certified instructors teach the art of fitness and meditation.

7053.201	Douglass	6:30pm-8:30pm	Th
7179.281	Marie Reed	6:30pm-8:30pm	Tu Th

## Karate

Fee: None

12 Week Session

Jan. 3, 2006 - Mar. 25, 2006

Ages: 5yrs and over

Learn self-defense, flexibility, strength and body conditioning.

7054.201	Benning Stoddert	12:30pm-2:30pm	Sa
7103.207	Fort Lincoln	5:00pm-7:00pm	M W
7193.201	Ferebee Hope	6:00pm-8:30pm	M W

## Karate

Fee: DC Residents: \$100 Non-Residents: \$110

8 week session

Jan. 9, 2006- Mar. 2, 2006

Ages: 5 yrs and over

Learn discipline, self-confidence and become mentally and physically stronger.

Class includes stretching, basic techniques, kata (forms) and power.

7082.201	Chevy Chase CC	5:00pm-6:00pm	M Th
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## Kickball

Fee: None

12 Week Session

Jan. 5, 2006 - Mar. 23, 2006

Ages: 6yrs to 9yrs

Learn fundamentals of the game and have lots of fun.

7089.211	Langdon Park	5:00pm-7:00pm	Th
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## Kickboxing

Fee: None

12 Week Session

Jan. 3, 2006 - Mar. 23, 2006

Ages: 10yrs and over

Learn the fundamental precepts of Kickboxing using hands and feet.

4537.201	Harry Thomas, Sr.	7:00pm-9:00pm	Tu Th
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## Kung Fu

Fee: DC Residents: \$80 Non-Residents: \$85

8 Week Session

Jan. 11, 2006 - Mar. 4, 2006

Ages: 8yrs and over

Acquire a greater sense of self and conflict resolution precepts by learning self-defense, balance, power, flexibility, and the use of traditional JOW GA KUNG FU.

7100.201	Chevy Chase CC	7:00pm-9:00pm	W Sa
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## Olympic Style Tae Kwon Do

Fee: DC Residents: \$25 Non-Residents: \$35

12 Week Session

Jan. 3, 2006 - Mar. 23, 2006

Ages: 6yrs and over

Learn this sport Olympic-style and build flexibility, agility, strength, and coordination.

7000.204	North Michigan Park	5:15pm-7:00pm	Tu Th
7000.203	Emery	5:00pm-7:00pm	Tu Th
7000.205	Langdon Park	5:30pm-7:00pm	M F

## Table Tennis

Fee: None

12 Week Session

Jan. 3, 2006 - Mar. 24, 2006

Ages: 6yrs to 18yrs

Sharpen hand eye coordination while learning this quick-paced game.

6210.205	North Michigan Park	4:00pm-5:30pm	M Tu W Th F Sa
7804.101	Parkview	6:00pm-8:00pm	M Tu W Th F
6205.205	Petworth	4:00pm-5:30pm	W

# SPORTS

## Tae Kwon Do

Fee: None  
12 Week Session  
Jan. 6, 2006 - Mar. 24, 2006  
Ages: 6yrs to 13yrs  
Develop self-defense skills with lessons for beginners and belts for all.

7259.201	King Greenleaf	6:30pm-8:00pm	F
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## Tennis: Adult Beginners

Fee: DC Residents: \$100 Non-Residents: \$150  
12 Week Session  
Jan. 5, 2006 - Mar. 23, 2006  
Ages: 18yrs and over  
Learn basic tennis skills, stroke technique and court awareness.

7062.202	SETLC	7:00pm-8:00pm	Th
7023.221	SETLC	7:00pm-8:00pm	W
7023.222	SETLC	7:00pm-8:00pm	M
7023.223	SETLC	7:00pm-8:00pm	Tu
7023.224	SETLC	10:00am-11:00am	Sa
7023.225	SETLC	9:00am-10:00am	Sa

## Tennis: Adult Intermediate Clinic

Fee: DC Residents: \$100 Non-Residents: \$150  
12 Week Session  
Jan. 4, 2006 - Mar. 22, 2006  
Ages: 18yrs and over  
Drills and skills clinic stressing correct stroke production and competitive play.

7062.201	SETLC	10:00am-11:00am	Sa
7062.204	SETLC	7:00pm-8:00pm	M
7021.233	SETLC	7:00pm-8:00pm	F
7021.234	SETLC	7:00pm-8:00pm	Th
7021.235	SETLC	7:00pm-8:00pm	Tu
7021.237	SETLC	9:00am-10:00am	Sa
7021.236	SETLC	8:00pm-9:00pm	F
7021.238	SETLC	8:00pm-9:00pm	M
7021.241	SETLC	7:00pm-8:00pm	W
7021.242	SETLC	8:00pm-9:00pm	W

## Tennis: Senior Clinic

Fee: DC Residents: \$50 Non-Residents: \$60  
11 Week Session  
Jan. 9, 2006 - Mar. 20, 2006  
Ages: 50yrs and over  
Enjoy learning and improving your serve, forehand and tennis game etiquette.

7062.205	SETLC	9:00am-10:00am	M
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## Tennis: Double Mixer Clinic

Fee: DC Residents: \$100 Non-Residents: \$150  
12 Week Session  
Jan. 3, 2006 - Mar. 23, 2006  
Ages: 18yrs and over  
Doubles oriented strategy and competitive drills.

7021.216	SETLC	8:00pm-9:00pm	Tu
7021.217	SETLC	8:00pm-9:00pm	Th

## Tennis Stroke of the Week

Fee: DC Residents: \$10 Non-Residents: \$15  
12 Week Session  
Jan. 4, 2006 - Mar. 22, 2006  
Ages: 18yrs and over  
Review and learn every aspect of each stroke. Covers forehand, backhand, volley, and serves.

7111.201	SETLC	7:00pm-8:00pm	W
7062.204	SETLC	7:00pm-8:00pm	M

## Tennis: Tiny Tots Clinic

Fee: DC Residents: \$40 Non-Residents: \$50  
12 Week Session  
Jan. 7, 2006 - Mar. 25, 2006  
Ages: 3yrs to 5yrs  
Learn basic tennis fundamentals with fun and games.

7021.225	SETLC	11:00am-12:00pm	Sa
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## Tennis: Beginners

Fee: None  
12 Week Session  
Jan. 3, 2006 - Mar. 24, 2006  
Ages: 5yrs to 15yrs  
Learn the basic skills, strategies, rules and court etiquette.

7186.201	Arboretum	10:00am-12:00pm	Sa
7093.221	Fort Lincoln	4:00pm-6:00pm	M Tu W Th

## Tennis: Jr. Beginners Clinic

Fee: DC Residents: \$50 Non-Residents: \$60  
12 Week Session  
Jan. 7, 2006 - Mar. 25, 2006  
Ages: 6yrs to 17yrs  
Drill sessions stressing correct stroke production and competitive situations.

7062.206	SETLC	1:00pm-2:00pm	Sa
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## Tennis: Jr. Beginners Clinic II

Fee: DC Residents: \$50 Non-Residents: \$60  
12 Week Session  
Jan. 3, 2006 - Mar. 23, 2006  
Ages: 6yrs to 17yrs  
Forehand and backhands strokes, volleys, serves, return of serves, conditioning, drills, sprints and competition.

7021.200	SETLC	6:00pm-7:00pm	Tu Th
7021.210	SETLC	6:00pm-7:00pm	M W



# SPORTS



## Tennis: Jr. Advanced Beginners Clinic

Fee: DC Residents: \$100 Non-Residents: \$125

12 Week Session

Jan. 3, 2006 - Mar. 24, 2006

Ages: 6yrs to 17yrs

Review and reinforcement of forehand and backhand strokes, volleys, serves, drills, sprints, conditioning and competitions.

7023.204 SETLC 4:30pm-6:00pm M Tu W Th F

## Tennis: Jr. Intermediate Clinic

Fee: DC Residents: \$100 Non-Residents: \$125

12 Week Session

Jan. 3, 2006 - Mar. 24, 2006

Ages: 6yrs to 17yrs

Step up the pace with more advanced strokes, forehands, backhands, volleys, overheads, serves, return of serves, and competition.

7023.205 SETLC 4:30pm-6:00pm M Tu W Th F

## Tennis: Jr. Advanced Clinic

Fee: DC Residents: \$100 Non-Residents: \$125

12 Week Session

Jan. 3, 2006 - Mar. 24, 2006

Ages: 6yrs to 17yrs

A more intense concentration on strokes, strategy skills, drills and competitions.

7023.200 SETLC 4:30pm-6:00pm M Tu W Th F

## Volleyball

Fee: None

12 Week Session

Jan. 3, 2006 - Mar. 23, 2006

Ages: 10yrs to 18yrs

Learn and practice the fundamentals of volleyball.

7112.222 Harry Thomas, Sr. 5:30pm-6:30pm W  
7088.201 Kenilworth 6:30pm-8:00pm Tu Th

## Volleyball: Adult Co-ed League

Fee: \$300 per team

12 Week Session

Jan. 3, 2006 - Mar. 22, 2006

Ages: 18yrs and over

7400.214 Sherwood 6:00pm-9:00pm W

## Volleyball: Adult Men's League

Fee: \$300 per team

12 Week Session

Jan. 3, 2006 - Mar. 22, 2006

Ages: 18yrs and over

7400.213 Sherwood 6:00pm-9:00pm W

## Volleyball: Adult Women's League

Fee: \$300 per team

11 Week Session

Jan. 9, 2006 - Mar. 20, 2006

Ages: 18yrs and over

7400.211 Emery 6:30pm-8:30pm W  
7700.202 Lafayette 6:00pm-9:00pm M



## Wrestling

12 Week Session

Nov. 1, 2005 - Jan. 22, 2006

Ages: 6yrs to 13yrs

Learn the fundamentals of the sport including rules, pinning and scoring in two separate age groups.

7838.201 Hine 6:00pm-8:00pm Tu Th

# SENIOR SERVICES

*The Senior Services Branch offers programs designed to promote the emotional, social, and physical well-being of older adults. The Branch plans activities, field trips and other outings that meet the expressed interests of the participants. Some of the activities and programs include health screenings, golfing, arts and crafts, performing arts, sports and fitness, Bingo and other board and card games and popular dance instruction.*

## Aerobics: Seniors

Fee: Resident \$50

Non-Resident: \$65

11 Week Session

Jan. 9, 2006 - Mar. 23, 2006

Ages: 55yrs and over

Enjoy the benefits of a slower paced aerobics workout to improve stamina and strength.

8029.207	Theodore Hagan	1:00pm-2:00pm	M Th
8029.209	Edgewood	12:00pm-1:00pm	Tu Th
8029.210	King Greenleaf	11:00am-12:00pm	M Tu W Th
8029.211	Sherwood	11:00am-12:00pm	M W
4799.205	Brentwood	10:00am-11:00am	Tu Th

## Bid Whist Club

11 Week Session

Jan. 9, 2006 - Mar. 20, 2006

Ages: 55yrs and over

Join in the fun of playing Bid Whist, a popular and competitive card game.

8045.502	Edgewood	1:00pm-6:00pm	M Tu W Th F
8045.501	Fort Davis	4:30pm-7:00pm	M

## Billiards Club

11 Week Session

Jan. 9, 2006 - Mar. 23, 2006

Ages: 55yrs and over

Sharpen your hand and eye coordination and challenge your peers to a game of Billiards.

8044.505	Edgewood	1:00pm- 6:00pm	M Tu W Th F
8044.509	Emery	10:00am-6:00pm	M Tu W Th F
8044.201	Fort Davis	10:30am-4:30pm	M Tu W Th
8044.504	Fort Stevens	11:00am-12:00pm	M Tu W Th F
8044.202	Hillicrest	10:00am-9:00pm	M Tu W Th F
8044.203	Greenleaf	11:00am-2:00pm	M Tu W Th F
8044.506	Kennedy	12:00pm-7:00pm	M Tu W Th F
8044.507	Sherwood	1:30pm- 4:30pm	M
8044.508	Sherwood	3:30pm-4:30pm	Tu W

## Bingo Club

12 Week Session

Jan. 5, 2006 - Mar. 23, 2006

Ages: 55yrs and over

Join in the fun for a game of Bingo and win wonderful prizes.

8049.502	Fort Davis	4:30pm-7:00pm	W
8049.501	Kenilworth	1:30pm-3:00pm	F
8049.203	Sherwood	4:00pm-6:00pm	Th

## Blood Pressure Check

12 Week Session

Jan. 9, 2006 - Mar. 27, 2006

Ages: 55yrs and over

Come and get your blood pressure checked and learn healthful ways to keep it under control.

8027.501	Greenleaf	1:00pm-12:00pm	M
8027.502	Kenilworth	10:00am-11:00am	Tu Th

## Book Buddies

10 Week Session

Jan. 4, 2006 - Mar. 8, 2006

Ages: 55yrs and over

Enjoy spirited discussions on books selected by you and your peers.

8050.203	Fort Davis	1:00pm-2:00pm	M W
8050.201	Fort Stevens	11:00am-1:00pm	W
8050.202	Kenilworth	11:00am-12:00pm	W

## Bowling

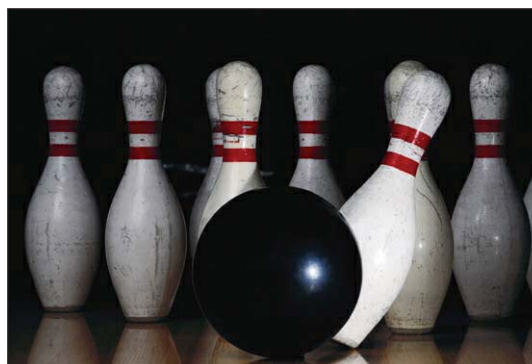
12 Week Session

Jan. 5, 2006 - Mar. 23, 2006

Ages: 55yrs and over

Learn the rules and techniques for successful game play and lots of fun.

8052.501	Fort Stevens	10:30am-12:00pm	Th
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## Bridge

11 Week Session

Jan. 9, 2006 - Mar. 24, 2006

Ages: 55yrs and over

Accept the challenge and learn to play one of the world's most intriguing card games.

8046.501	Fort Stevens	1:00pm-4:00pm	M W F
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# SENIOR SERVICES

## Ceramics

11 Week Session

Jan. 9, 2006 - Mar. 20, 2006

Ages: 55yrs and over

Learn how to paint and glaze to produce beautiful works of art.

8006.201 Kenilworth 1:30pm-5:00pm M

## Chair Exercise

12 Week Session

Jan. 3, 2006 - Mar. 23, 2006

Ages: 55yrs and over

Learn the benefits to the body by using a chair to exercise.

8037.201 Fort Davis 11:00am-12:00pm Tu Th



## Chess Club

12 Week Session

Jan. 4, 2006 - Mar. 22, 2006

Ages: 55yrs and over

Learn the rules and fundamentals of Chess.

8039.501 Fort Stevens 11:00am-12:30pm W

## Cloth Doll Making

12 Week Session

Jan. 3, 2006 - Mar. 21, 2006

Ages: 55yrs and over

Design and create your very own cloth dolls.

8057.501 Theodore Hagans 11:00am-1:00pm Tu

## Computer Basics

11 Week Session

Jan. 9, 2006 - Mar. 20, 2006

Ages: 55yrs and over

Learn how to use the mouse, create documents, save, print files and navigate the Internet.

8019.201 Brentwood 11:00am-1:00pm M  
8022.203 Emery 1:00pm-2:30pm M W F  
8022.201 Fort Davis 11:00am-12:00pm M Th  
8022.202 North Michigan 6:00pm-7:00pm W  
8021.203 Sherwood 1:30pm-3:30pm Th

## Cooking

12 Week Session

Jan. 3, 2006 - Mar. 21, 2006

Ages: 55yrs and over

Create culinary treats and share special recipes.

8011.203 Kennedy 12:00pm-2:00pm M  
8011.201 Sherwood 1:30pm-3:30pm Tu  
8011.202 Sherwood 4:30pm-6:30pm Th

## Creative Arts

12 Week Session

Jan. 6, 2006 - Mar. 24, 2006

Ages: 55yrs and over

Learn to draw and paint anything you can imagine to the soothing sounds of music.

8016.201 Fort Davis 12:00pm-1:30pm F

## Creative Arts

12 Week Session

Jan. 4, 2006 - Mar. 22, 2006

Ages: 55yrs and over

Learn to draw and paint anything you can imagine to the soothing sounds of music.

8017.201 Edgewood 10:30am-3:00pm M  
8010.201 Greenleaf 1:00pm-2:30pm W  
8013.201 Kenilworth 1:00pm-2:00pm M Tu Th

## Creative Arts: Paper Mache'

11 Week Session

Jan. 12, 2006 - Mar. 23, 2006

Ages: 55yrs and over

Learn how to mold shredded paper and use glue and paste to create a work of art.

8015.201 Sherwood 11:30am-1:30pm Th

## Creative Arts: Quilting

12 Week Session

Jan. 3, 2006 - Mar. 21, 2006

Ages: 55yrs and over

Create a personal work of art that tells your story.

8004.203 Theodore Hagans 11:00am-4:00pm Tu  
8004.204 Theodore Hagans 10:30am-2:00pm W

# SENIOR SERVICES

## Creative Crafts

12 Week Session

Jan. 5, 2006 - Mar. 23, 2006

Ages: 55yrs and over

Learn to express your creativity through drawing, painting, ceramics, and photography. Students will host an art show at the end of the season.

8008.201	Brentwood	10:00am-11:30am	Th
8010.202	Fort Davis	2:00pm-3:30pm	Tu



## Crocheting for All

11 Week Session

Jan. 9, 2006 - Mar. 24, 2006

Ages: 55yrs and over

Learn basic skills and complete simple to advanced projects such as ponchos, lap blankets, scarves, hats, mittens and slippers.

8005.202	Edgewood	1:00pm-5:00pm	M
8005.201	Greenleaf	1:00pm-2:00pm	M Tu Th F
8005.209	Kennedy	11:00am-12:30pm	Tu Th
8005.206	Theodore Hagans	1:00pm-4:00pm	Tu
8005.207	Theodore Hagans	10:30am-1:00pm	W
8005.208	Theodore Hagans	4:00pm-6:45pm	Th

## Digital Photography

12 Week Session

Jan. 3, 2006 - Mar. 21, 2006

Ages: 55yrs and over

Join this exciting workshop that introduces participants to the world of digital photography. Learn to use a digital camera and print and preserve photographs using a computer.

8053.201	Sherwood	4:30pm-6:30pm	Tu
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## Fit for Life

12 Week Session

Jan. 6, 2006 - Mar. 24, 2006

Ages: 55yrs and over

Start slow and build up speed as you move towards a progressive. Indoor and outdoor walking program.

8032.501	Edgewood	9:30am-12:30pm	M F
8025.201	Greenleaf	10:00am-12:00pm	F
8033.201	Hillcrest	9:00am-9:00pm	M Tu W Th
8025.503	Kenilworth	10:00am-11:30am	M Tu W Th F
8025.202	Kennedy	10:30am-11:30am	M W F
8038.501	Sherwood	11:00am-5:00pm	M Tu W Th F
8032.201	Takoma	10:00am-12:00pm	M W F

## Floor Stretching/Abdominal Exercise

11 Week Session

Jan. 9, 2006 - Mar. 23, 2006

Ages: 55yrs and over

Tone and strengthen your muscles with safe and simple exercises.

8031.501	Fort Stevens	11:30am-12:00pm	M Th
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## Gardening Club

12 Week Session

Jan. 5, 2006 - Mar. 23, 2006

Ages: 55yrs and over

Learn basic techniques and tips. Participants also will create ways to improve the local environment.

8058.201	Brentwood	11:00am-12:00pm	Th
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## Hand Dancing

Fee: DC Residents: \$84

Non-Residents: \$84

12 Week Session

Jan. 3, 2006 - Mar. 23, 2006

Ages: 55yrs and over

Enjoy swinging to the beat! Come out and enjoy the art and different styles of hand dancing.

8000.202	Fort Stevens	7:00pm-9:00pm	Tu Th
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## Healthy Eating

12 Week Session

Jan. 5, 2006 - Mar. 23, 2006

Ages: 55yrs and over

Learn about the new food pyramid and how to prepare nutritious meals that promote a healthy lifestyle.

8026.201	Brentwood	12:00pm-2:00pm	Th
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## Introduction to the Internet

11 Week Session

Jan. 9, 2006 - Mar. 23, 2006

Ages: 55yrs and over

Learn to surf the Web and enjoy the wonderful world of cyberspace.

8024.201	Fort Stevens	10:30am-12:00pm	M Th
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## Jewelry Making

12 Week Session

Jan. 5, 2006 - Mar. 24, 2006

Ages: 55yrs and over

Express your creativity and imagination through the art of jewelry making. Learn to make wearable items from various materials such as wood, glass beads, ceramics, leather and other mixed media items.

8014.201	Sherwood Recreation	11:30am-1:30pm	M W Th F
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# SENIOR SERVICES

## Line Dancing

12 Week Session

Jan. 3, 2006 - Mar. 21, 2006

Ages: 55yrs and over

Learn the basic steps and techniques to the latest line dances.

8001.203	Brentwood	1:00pm- 2:00pm	Tu
8001.206	Edgewood	2:00pm- 4:00pm	W
8001.506	Fort Stevens	10:30am-12:00pm	W
8001.204	Hillcrest	1:00pm- 2:00pm	Tu Th
8001.205	Kenilworth	11:00am-11:30am	W F
8001.507	North Michigan	1:00pm-3:15pm	Th

## Mahjogg Club

11 Week Session

Jan. 9, 2006 - Mar. 20, 2006

Ages: 55yrs and over

Seniors will learn to play the ancient Chinese board game of Mahjogg.

8047.201	North Michigan	1:00pm-3:00pm	M
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## Microsoft Word Introduction

Fee: DC Residents: \$24

Non-Residents: \$24

6 Week Session

Jan. 9, 2006 - Feb. 16, 2006

Ages: 55yrs and over

Learn to create business/calling cards, create letterhead templates, and flyers.

8020.201	Fort Stevens	10:00am-12:00pm	M Tu W Th
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## Movie Day

12 Week Session

Jan. 7, 2006 - Mar. 25, 2006

Ages: 55yrs and over

Seniors meet weekly to enjoy their favorite films and eat tasty treats.

8054.501	Fort Davis	12:30pm-4:30pm	F Sa
8054.205	Petworth	12:30pm-3:30pm	Sa

## Morning Walkers

11 Week Session

Fee: None

Jan. 9, 2006 - Mar. 25, 2006

Ages: 55yrs and over

Start slow and build up speed as you move towards a progressive walking for fitness program.

4511.201	North Michigan Park	10:30am-12:00pm	M Tu W Th F
4650.205	Hillcrest	10:00am-11:30am	M Tu W Th F

## Personal Training

12 Week Session

Jan. 3, 2006 - Mar. 23, 2006

Ages: 55yrs and over

A personal trainer designs effective exercise programs tailored to meet the needs of senior clients and helps them reach their fitness goals.

8035.502	Fort Stevens	12:30pm-2:15pm	Tu Th
8035.501	Kenilworth Parkside	10:00am-11:00am	Tu Th

## Pinochle and Bid Whist Club

11 Week Session

Jan. 9, 2006 - Mar. 20, 2006

Ages: 55yrs and over

Spend time with your peers playing these all time favorite games, Pinochle and Bid Whist.

8041.503	Fort Stevens	1:00pm-7:00pm	M Tu W Th F
8041.504	Fort Stevens	1:00pm-9:00pm	Tu Th
8042.501	Theodore Hagans	3:00pm-6:45pm	M

## Pinochle and Pokeno Club

12 Week Session

Jan. 4, 2006 - Mar. 24, 2006

Ages: 55yrs and over

Spend time with your peers playing Pinochle and Pokeno.

8041.202	Kenilworth	4:00pm-5:00pm	W F
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## Pinochle Club

12 Week Session

Jan. 3, 2006 - Mar. 24, 2006

Ages: 55yrs and over

Spend time with your peers playing Pinochle.

8041.201	Fort Davis	4:00pm-7:00pm	Tu Th F
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# SENIOR SERVICES

## Poetry/Prose

12 Week Session

Jan. 6, 2006 - Mar. 24, 2006

Ages: 55yrs and over

Recite your original poetry, or share a favorite poet's work with your peers.

8059.201 Brentwood 11:00am-1:00pm F

## Pokeno Club

12 Week Session

Jan. 4, 2006 - Mar. 24, 2006

Ages: 55yrs and over

Spend time with your peers playing Pokeno, an all time favorite game.

8040.201 Fort Davis 4:30pm-7:00pm W F

8040.503 Fort Stevens 1:00pm-3:00pm M F

8040.202 Sherwood 4:30pm-6:00pm M

## Scrabble Club

12 Week Session

Jan. 5, 2006 - Mar. 23, 2006

Ages: 55yrs and over

Join in the fun of playing Scrabble and challenging your peers to make seven letter words.

8043.502 Fort Davis 2:30pm-4:00pm M Th

8043.201 North Michigan 11:00am-3:00pm Th

## Scrap Booking

12 Week Session

Jan. 3, 2006 - Mar. 21, 2006

Ages: 55yrs and over

Learn how to make beautiful memory albums with your most precious picture collections.

8012.201 Sherwood 11:30am-1:30pm Tu

## Seasonal Crafts

12 Week Session

Jan. 6, 2006 - Mar. 24, 2006

Ages: 55yrs and over

Use your imagination to create gift items for family and friends.

8009.202 Kennedy 11:00am-1:00pm F



## Senior Shallow Water Aerobics Class

Fee: DC Residents: \$25 Non-Residents: \$50

Length: 5 Week Session

Ages: 55yrs and over

Provides a year-round opportunity for seniors to socialize while they get the cardiovascular workout they need to stay healthy and vibrant. Participants will learn ways to increase their energy. Come and join the fun! On-line registration is required.

● Registration date: December 18, 2005

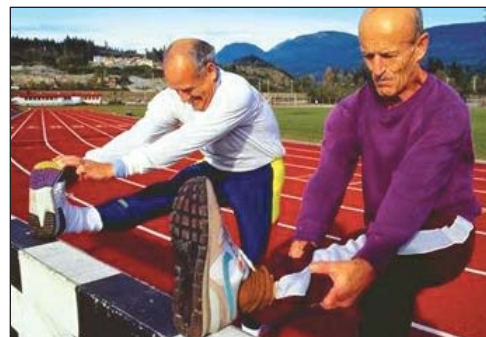
Session I January 3 - February 23

8032.200 Takoma 10:00am-10:50am Tu Th

● Registration date: February 24th, 2005

Session II February 28 - April 20

8032.202 Takoma 10:00pm-10:50pm Tu Th



## Sewing Circle

12 Week Session

Jan. 5, 2006 - Mar. 23, 2006

Ages: 55yrs and over

Gather to learn the basics of the craft and produce a fabulous outfit.

8003.205 Brentwood 10:00am-12:00pm M

8003.502 Fort Stevens 1:00pm-3:00pm W Th

8003.204 Greenleaf 1:00pm-2:30pm Th

8003.201 Hillcrest 1:00pm-2:00pm Th

8003.203 Kenilworth 2:30pm-4:00pm Tu

## Strength & Tone Exercises

12 Week Session

Jan. 3, 2006 - Mar. 23, 2006

Ages: 55yrs and over

Strengthen and tone muscles with safe and simple exercises.

8034.201 Fort Davis 10:00am-11:00am Tu Th

## Women's Tea Party

12 Week Session

Jan. 5, 2006 - Mar. 23, 2006

Ages: 55yrs and over

Sip tea, nibble crumpets, and join in lively conversation.

8056.201 Fort Davis 1:00pm-2:00pm Th

# CAMPING AND OUTDOOR RECREATION

## **Camping, Environmental Education and Outdoor Recreation**

As the temperature drops DPR doesn't slow down, we just bring the outdoors inside! Participants will continue to engage in gardening activities, environmental awareness, and projects that will prepare them for the arrival of Spring. Environmental education and outdoor recreation activities are currently being offered to certain schools and recreation centers. For more information on these activities and their locations or to inquire about other new projects please contact the Camping, Environmental Education, and Outdoor Recreation Office at 202-282-0753.

### **Camping:**

Be on the look out in the spring for the 2006 Summer Camp Guide!

Camp Riverview reopens for rental in Spring 2006! Located on 217 wooded acres in Scotland, Maryland along the Potomac River, this could be the perfect destination for your next group function. For more information, or to book your visit, please contact the Camping Office at 202-282-0753.

### **Environmental Education:**

Note: These programs have already been scheduled and are currently running.

### **Gardening on the GrOw!**

Our gardens are going on tour and your recreation center could be the next stop! Youth participating in after school programs will gain gardening experience when a DPR gardener offers their expertise. Participants will enjoy activities ranging from making dish gardens to composting. To find out when you could have a garden near you, call Lederer Environmental Education Center at 202-727-8061.

### **Get Diggy With Us!**

Our Garden Club is a comprehensive indoor and outdoor gardening experience that engages youth between the ages of 9 and 13. In partnership with DCPS, participants learn gardening principles during their science period once a week. The program takes place at nine area elementary schools from September through April. To find out if a school near you is participating, call Lederer Environmental Education Center at 202-727-8061.

### **Natural Leaders and Junior Urban Park Ranger After School Program**

This after school program offered at Lederer Environmental Education Center will aide youth in becoming Natural Leaders through activities such as Project Wild and Project Learning Tree. Each Wednesday, participants will have a visit from the Urban Park Ranger who will teach the skills and activities require for Junior Urban Park Ranger badge. Youth will also receive Humane Education workshops twice a month offered by the Washington Humane Society.

### **Outdoor Recreation:**

#### **Climb On!**

Following our initiative of offering new recreational activities to constituents, DPR is proud to announce our newest addition, a portable climbing wall. A schedule is in the works, be on the look out for it at a recreation center near you!

### **DPR Pedalers!**

We're going to thaw out our bikes and work with recreation center after school programs to hold instructional workshops to prepare youth for the upcoming riding season. A curriculum including bicycle maintenance and safe street riding will help to educate youth to become responsible cyclist. To find out if a cycling workshop is coming to a recreation center near you, please call the Outdoor Recreation Office at 202-282-0753.

### **Natural Fun:**

Note: If a program requires a fee, participants may sign up for the program through our online registration program at [dpr.dc.gov](http://dpr.dc.gov) or at your local recreation center. New programs are constantly being added please call the Environmental Education office at 202-282-0753 for updates.

### **Love Grows**

Fee: None  
Feb. 11, 2006  
Ages: 6yrs to 12 yrs

Join us at Lederer Youth Gardens with someone close to paint a flowerpot. Dress warmly because we will then move into the greenhouse so you can plant a rose bush in your finished pot. It's the perfect Saturday activity that will bring you closer to someone and leave you with a gift that keeps on giving!

6500.205 Lederer Youth Gardens 10:00am-12:00pm Sa

### **Love Grows Forever**

Fee: DC Residents \$15 Non Residents \$20  
Feb. 11, 2006  
Ages: 18 yrs to 54 yrs

Join us at Lederer Youth Gardens with someone close to paint a flowerpot. Dress warmly because we will then move into the greenhouse so you can plant a rose bush in your finished pot. It's the perfect Saturday activity that will bring you closer to someone and leave you with a gift that keeps on giving!

6500.206 Lederer Youth Gardens 1:00pm-3:00pm Sa

### **Picture Perfect Pets**

Fee: \$15  
Mar. 11, 2006  
Ages: All

As the weather warms, it's time to get you and your pets active again. Join us at Lederer Youth Gardens and in King's Sanctuary and Watts Branch Park for a special day with your favorite member of the family, your pet! DC Parks and Recreation will be offering a photo op for you and your pet(s) as well as educational materials on proper animal care. Please call the Environmental Education office for more information at 202-282-0753.

6500.208 Lederer Youth Gardens T.B.A. Sa



# THERAPEUTIC RECREATION SERVICES

Therapeutic recreation programs and services are offered to both District residents and non-residents with or without disabilities. All registrations and classes take place at the DC Center for Therapeutic Recreation located in Ward 7 at 3030 G Street SE. An assessment and payment of fees are required for your registration to be complete. A Recreation Therapist determines your skill level and assists you in choosing classes to meet your individual needs. Please call (202) 698-1794 to schedule an appointment.

## Feeling Good II

Fee: DC Residents \$30      Fee: Non-Residents \$55  
10 Week Session  
Jan. 10, 2006 - Mar. 16, 2006  
Ages: 21yrs and over  
Try different water exercise routines according to your ability and comfort.

5101.200    DC TR      1:00pm-1:45pm      Tu Th

## Fins I

Fee: None  
12 Week Session  
Jan. 10, 2006 - Mar. 28, 2006  
Ages: 6yrs to 11yrs  
Learn basic water exercises and play water sport activities designed especially for children.

5203.200    DC TR      4:00pm-4:45pm      Tu

## Fins II

Fee: None  
10 Week Session  
Jan. 12, 2006 - Mar. 16, 2006  
Ages: 12yrs to 17yrs  
Learn basic water exercises and play water sport activities designed especially for youth.

5205.200    DC TR      4:00pm-4:45pm      Th



## Junior Metro Bowling League (JMBL)

Fee: None  
29 Week Session  
Oct. 15, 2005 - Apr. 29, 2006  
Ages: 8yrs to 17yrs  
New! Join our children's league and have fun! Sharpen your bowling skills, get in shape, and meet new friends.

5500.201    DC TR      2:00pm-4:00pm      Sa

## Land Exercise Class (P. A. C. E.)

Fee: None  
10 Week Session  
Jan. 9, 2006 - Mar. 16, 2006  
Ages: 21yrs and over  
People with Arthritis Can Exercise! Join P. A. C. E., a program developed by the American Arthritis Association, and learn how to do exercises specifically for people with mobility problems due to arthritis or other bone/joint illness.

5206.200    DC TR      12:00pm-12:45pm      M Th

## Metro TR Bowling

Fee: None  
29 Week Session  
Oct. 4, 2005 - Apr 29, 2006  
Ages: 8yrs to 17yrs  
Join our league and have fun! Sharpen your bowling skills, get in shape, and meet new friends.

5500.100    DC TR      10:00am-2:00pm      Tu



## Leisure Swim

Fee: DC Residents \$30      Fee: Non-Residents \$55  
10 Week Session  
Jan. 9, 2006 - Mar.. 15, 2006  
Ages: 21yrs and over  
Enjoy swimming independently at your pace.

5017.220    DC TR      2:00pm-2:45pm      M W

## Leisure/Life Skills for Persons with Special Needs

Fee: DC Residents \$300      Fee: Non-Residents \$360  
38 Week Session  
Sep. 19, 2005 - Jun. 9, 2006  
Ages: 21yrs and over  
Leisure life skills for personal pleasure and enjoyment are taught and reinforced through a series of fun activities that include cooking, reading, musical and dance activities, community and out of town trips, and special events.

5010.100    DC TR      10:00am-3:00pm      M W Th F



# THERAPEUTIC RECREATION SERVICES

## Life Enrichment Program for Teens and Young Adults

Fee: None

38 Week Session

Sep. 19, 2005 - Jun. 9, 2006

Ages: 14yrs to 25yrs

An after school program that focuses on behavior modification through life skills workshops, after school tutoring, community trips, recreational activities and group role play.

5444.100 DC TR 4:00pm-8:00pm M Tu Th

## Slow Motion

Fee: DC Residents \$30

Fee: Non-Residents \$55

10 Week Session

Jan. 10, 2006 - Mar. 16, 2006

Ages: 21yrs and over

Take your time! There is no pressure in this slow pace water exercise class that is recommended for people with limited due to strokes, rheumatoid arthritis, hip replacement surgery, and other mobility problems.

5600.201 DC TR 12:00pm-12:45pm Tu Th

## The Mind Body Connection

Fee: None

10 Week Session

Jan. 13, 2006 - Mar. 17, 2006

Ages: 21yrs and over

Experience complete body and mind relaxation through aromatherapy and guided imagery exercises.

5202.200 DC TR 10:00am-10:45am F



## Water Boogie

Fee: DC Residents \$30

Fee: Non-Residents \$55

10 Week Session

Jan. 9, 2006 - Mar. 17, 2006

Ages: 21yrs and over

Relax by listening to soothing music while doing low impact water aerobics. This class is for adults with disabilities and uses adapted equipment to strength muscles and increase range of motion.

5102.222 DC TR 11:00am-11:45am M W F

## Water Spouts

Fee: DC Residents \$30

Fee: Non-Residents \$55

10 Week Session

Jan. 9, 2006 - Mar. 15, 2006

Ages: 21yrs and over

Increase your range of motion and build endurance through various water exercises in this class recommended by the Arthritis Foundation.

5102.211 DC TR 12:00pm-12:45pm M W



## Weight Training

Fee: DC Residents \$25

Fee: Non-Residents \$25

12 Week Session

Jan. 7, 2006 - Mar. 25, 2006

Ages: 21yrs to 99yrs

Exercise for weight loss and toning using a variety of exercise and weight lifting equipment.

5001.200 DC TR 1:00pm-2:00 pm W F

## INCLUSION BUDDIES NEEDED!

The DC Center for Therapeutic Recreation is looking for volunteers to work as INCLUSION BUDDIES. Inclusion Buddies will assist people who are disabled in all DC Park and Recreation programming. Programming will consist of classes, special events, after-school programs, and trips. If you are a caring, loving and nurturing, person who enjoys working with people with disabilities, consider this to be a challenging but rewarding experience! Volunteers can be individuals, families, groups, teens and adults. Training is provided. Schedules vary as needed. For more information, please call the DC Center for Therapeutic Recreation @ (202) 698-1794. Share in the spirit of giving!



DC Parks and Recreation  
3149 16th Street, N.W.  
Washington, D.C. 20010

